

Research on style creation of health and wellness in Jinwan District based on symbiosis theory

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Abstract: This study investigated the symbiotic mechanism of health and wellness style construction for four towns in Jinwan District of Zhuhai by combining symbiosis theory. The goal was to create a thorough framework for the health and wellness symbiosis system and offer both theoretical and practical assistance for the specialised and long-term growth of the Jinwan District's health and wellness sector. The study adopted the methods of literature review, questionnaire survey, field research, multidisciplinary cross-study, and data statistics to comprehensively analyse the current situation of ecological environment, cultural heritage, infrastructure, industrial development, health and wellness services, and environmental protection in each town. The reliability and factor analysis of the satisfaction survey data were conducted through SPSS, and the construction of health and wellness was systematically explored by combining the key concepts of symbiosis theory. Four symbiosis modules, namely, ecology, economy, culture, and society, were finally constructed, forming the regional features of "diversified units, ecological environment, composite mode, and integrated interface.". Implementation suggestions are also given for different modules.

Keywords: Symbiosis theory, Health and wellness, Jinwan District

1. Introduction

In August 2016, National Health and Wellness Conference emphasised that "people's health should be given priority in the strategic position of development," which fits the new theme of "transforming the treatment of diseases into people's health" [6] and shows that In October 2016, the Central Committee of the Communist Party of China (CPC) and the State Council issued the Outline of the "Healthy China 2030" Plan, which is intended to promote the construction of a healthy China and improve people's health. It is clearly stated in the Outline that "building and sharing, health for all" is the strategic theme of building a healthy China, the core of which is to focus on people's health and integrate health into all policies, and one of the goals is to significantly expand the scale of the health industry and, by 2030, basically form a health industry system that is rich in connotations and has a reasonable structure [7]. In October 2017, the report of the 19th National Congress pointed out that the implementation of the Healthy China strategy should actively respond to population ageing, build a policy system and social environment for old age, filial piety, and respect for the elderly, promote the combination of medical care and nursing, and accelerate the development of the cause of the ageing and the industry [8]. Since the implementation of the "Healthy China" strategy, China's health and wellness have ushered in a good opportunity for rapid development, especially the rapid development of the health industry represented by health and wellness. There are significant differences between different cities and regions due to economic level, cultural background, and other factors, and these differences are particularly prominent in the development of the health and wellness industry and style construction. The construction of health and wellness style, as an important character of regional health and wellness development, will inevitably encounter the challenges of many opposing and contradictory factors.

Therefore, it becomes crucial to effectively resolve these contradictory and opposing elements. Currently, there is a relative lack of research on the construction of health and wellness style based on symbiosis theory, and this field lacks the support of systematic theoretical frameworks and practical cases, including the serious homogenisation of the industry, insufficient innovation, and the lack of distinctive planning and design, which have a direct impact on the vitality and development potential of the health and wellness industry. In addition, with the intervention of a large number of external factors, significant conflicts have arisen between local and foreign elements in the health and wellness industry,

and many regions have failed to properly deal with the relationship between these elements when promoting the health and wellness industry, leading to a situation of insufficient vitality. At present, not a few health and wellness projects are facing problems such as chaotic style, cultural disconnection, and lack of vitality, mainly due to the failure to achieve the harmonious coexistence of these differentiating factors.

Using a combination of literature review, questionnaire survey, field research, and data statistics methods, this study aimed to address this situation by focussing on Jinwan District of Zhuhai, which includes the four towns of Hongqi, Sanzao, Pingsha, and Nanshui. It also applied the symbiosis theory to the construction of the health and wellness style in Jinwan District and examined the symbiosis mechanism between various elements in the health and wellness industry. In order to fully integrate the various factors influencing the construction of the health and wellness style, the researcher simultaneously introduced key concepts like the symbiotic unit, symbiotic environment, symbiotic mode, and symbiotic interface. The goal was to establish a comprehensive framework of the health and wellness symbiosis system in order to make up for the shortcomings of the theoretical and practical research on the health and wellness style in Jinwan District. Based on this study, it is hoped that the exploration and practice of the construction of these features will provide effective guidance and reference for the development of the health and wellness industry in Jinwan District.

2. Current status of domestic and overseas research

Symbiosis theory was firstly proposed by Anton de Bery, a German mycologist, in the field of biology, which is mainly used in the research related to the field of biology and is also the origin of the symbiosis theory [1]. With the strengthening of the connection between the disciplines, the symbiosis theory is gradually penetrating into the field of social sciences, with the following specific manifestations: the symbiosis of the history and the future, the symbiosis of the part and the whole, the symbiosis of man and nature, the symbiosis of man and technology, the symbiosis of heterogeneous cultures, the symbiosis of sensibility and rationality, the symbiosis of internal and external, the symbiosis of religion and science, etc. [2].

Domestic research on symbiosis theory was first introduced into the field of economic discipline by Yuan Chunqing (1998), whose treatise "Symbiosis Theory--And Small Economies" is the beginning of domestic scholars' research on symbiosis theory. On the basis of Yuan Chunqing's research, domestic research on symbiosis theory began to expand to other fields [3]. With regard to health and wellness, foreign research focuses on health and wellness tourism and the development of the health and wellness industry, which has formed a relatively mature research system. The foreign health and wellness industry originated in the 14th century in Europe and the United States, from the development of health tourism, the health and wellness industry at this time to health tourism, the main form of health and wellness for the hot springs resort [4].

In the mid-20th century, the health and wellness industry has led to a huge change, the period of medical sports as the leading industry of the emergence of health and wellness tourism. 21st century, foreign health and wellness tourism has been Since the 21st century, foreign health and wellness tourism has developed to a more mature stage, with perfect facilities, mature scale, distinctive features, and more typical of Japan's medical health and India's yoga health and other forms of health and wellness tourism.

The domestic health and wellness industry started late, and the research of domestic scholars on health and wellness is also relatively late, and the research content is not systematic. In terms of the features of the health and wellness industry, Kang Jiayi, Jiang Kaifeng, and Zhai Hui (2020) divided the health and wellness industry into 10 categories according to the industrial theme, including sports, special medical and pharmaceutical categories, hot springs and health and wellness, ecological health and wellness, holiday and leisure, pension and health care, culture and health care, rural experience (green food), urban function enhancement, and comprehensive services [5].

3. Research methods

3.1. Literature review method

Through the search of books, journals, relevant planning documents, network databases, and other channels, the theoretical and practical literature in the fields of symbiosis theory and health and

wellness style creation are systematically sorted out. The aim is to explore the relationship between symbiosis theory and health and wellness style creation in depth, providing theoretical support and a foundation for the thesis.

3.2. Questionnaire survey method

Jinwan District of Zhuhai (Hongqi, Sanzao, Pingsha, and Nanshui) was surveyed on the features and problems of the style in Jinwan District using a satisfaction survey scale.

3.3. Field survey and case study method

Taking the four towns of Jinwan District as the research object, the researcher learnt about their current situation through field visits, aerial photography by drones, interviews, and questionnaires, and systematically surveyed and summarised the features and problems of the health and wellness style in Jinwan District. It provided an empirical basis for applying theoretical research to practice.

3.4. Multidisciplinary cross-research method

Recognising the need for ethos to transcend the limitations of kinesiology, the study is conducted using a multidisciplinary perspective, such as sociology, tourism, economics, and so on. Through interdisciplinary cross-fertilisation, the research level and scope are expanded to enhance the scientific nature of the health and wellness style symbiosis system.

3.5. Data statistical method

The data collected from interviews and questionnaires were analysed by SPSS to provide data support for the practical research.

4. Questionnaire and analysis of results

4.1. Validity and reliability analysis of the scale

Resident satisfaction survey scale: the scale uses a 7-level Likert scale. (1=very dissatisfied, 7=very satisfied.) The dimensions include ecological environment, cultural heritage, infrastructure, industrial development, health and wellness services, and environmental protection. Scale reliability (Cronbach's α): The reliability coefficient of the overall scale is 0.89, indicating that the scale has good internal consistency. The reliability of each dimension was as follows: ecological environment: 0.86, cultural heritage: 0.82, infrastructure: 0.84, industrial development: 0.87, health and wellness services: 0.85, environmental protection: 0.81. Scale validity: The content validity was verified by factor analysis, with a KMO value of 0.91 and a significance of Bartlett's spherical test of <0.001 , which made the scale suitable for factor analysis. The cumulative explained variance reached 73.5%, possessing good construct validity. Sample: residents of four towns, a total of 600 people, 150 people in each town. 612 copies were actually distributed, with 598 valid questionnaires.

4.2. Analysis results of each dimension

4.2.1. Ecological environment satisfaction

Hongqi town (5.21): Hongqi River Bidao improved significantly, but the pollution problem of Sanha River affected the score. Sanzao town (5.62): wetland resources and park facilities are highly praised. Pingsha town (5.52): natural style and rural environment are satisfactory overall. Nanshui town (5.17): rich coastal resources, but weak infrastructure in some areas drags down the rating.

4.2.2. Cultural heritage satisfaction

Hongqi town (5.72): Dragon Boat culture has high attractiveness, but its popularity needs to be improved. Sanzao town (6.05): non-heritage culture protection and feature neighbourhoods are popular among residents. Pingsha town (5.73): the integration of film and television culture and agricultural culture is effective. Nanshui town (5.82): fishing tradition is strong, but there are fewer modern cultural activities.

4.2.3. Infrastructure satisfaction

Hongqi town (5.23): faster urbanisation and a higher level of infrastructure modernisation. Sanzao town (4.81): rapid population and industrial development, lagging behind in upgrading facilities. Pingsha town (4.72): backward infrastructure in some areas. Nanshui town (4.55): transport and public service facilities need to be further improved.

4.2.4. Industrial development satisfaction

Hongqi town (5.80): high-tech and aviation industries drive economic development. Sanzao town (5.63): a diversified industrial pattern is attractive. Pingsha town (5.32): Agriculture and tourism are combined, but the industrial structure needs to be optimised. Nanshui town (5.15): industrial development is relatively lagging behind.

4.2.5. Health and wellness services satisfaction

Hongqi town (5.91): leading in intelligent health and wellness facilities and high-tech medical care. Sanzao town (5.83): ecological health and wellness mode is well received. Pingsha town (5.62): rich experience in agricultural health and wellness and rural tourism. Nanshui town (5.16): high potential for coastal health and wellness services, but insufficient facilities.

4.2.6. Environmental protection satisfaction

Hongqi town (5.32): ecological restoration has achieved results, but water pollution still needs to be improved. Sanzao town (5.12): environmental protection pressure brought by industrial development is significant. Pingsha town (5.26): agricultural, cultural, and tourism projects are more environmentally friendly, but infrastructure construction needs to balance the ecology. Nanshui town (5.07): coastal ecological restoration and pollution prevention and control need to be strengthened.

5. Jinwan District style features and problems

Through field visits, drone aerial photography, interviews, and questionnaires to understand its current situation, this study systematically investigates and summarises the ethos features and problems of Hongqi town, Sanzao town, Pingsha town, and Nanshui town in Jinwan District. Each of the four towns has its own features, and the following is a summary of the ethos features and problems of these four towns.

5.1. Style features and problems of Hongqi town

Hongqi town is located in the northeastern part of Jinwan District, which is an important transport hub of Zhuhai City and the core area of Zhuhai Airport and the surrounding industrial chain. It has a high degree of industrialisation, relying on high-tech industry and aviation industry; it has a fast urbanisation, showing modern city features. Hongqi town style features: Beautiful ecological environment: Hongqi town has rich water resources, rivers and springs, and distinctive features of water town style. Among them, the construction of the Hongqi River Bidao project has significantly improved the environment on both sides of the riverbanks and become a good place for residents to relax. Deep cultural heritage: Sanban Village, as a typical village in Hongqi town, has preserved the traditional Lingnan water town style and possesses a unique dragon boat sports and cultural program, which attracts many tourists with the dragon boat races held every year. Features of Hongqi town's health and wellness style: modern and technological health and wellness service system, featuring high-tech medical and intelligent health and wellness facilities. Problems in Hongqi town: water pollution: some rivers and springs had black odorous water problems, such as the Sanha River, which requires continuous promotion of interception of sewage and ecological restoration work.

5.2. Style features and problems of Sanzao town

Sanzao town is close to Zhuhai Airport and is an old town with a long history in Jinwan District, with strong rural features and a natural ecological environment, such as coastline and wetland reserve. Features of Sanzao town: Industrial Diversification: Sanzao town has formed a diversified industrial pattern based on aviation, biomedicine, new energy, etc. It owns leading enterprises such as AVIC Tongfei and Federal Pharmaceuticals. Cultural heritage: Sanzao town pays attention to the protection and inheritance of non-heritage culture and has built a non-heritage cultural and creative feature block, which displays non-heritage projects such as Sanzao Crane Dance and bamboo grass weaving skills

and helps to comprehensively improve the quality of the countryside. Ecological liveability: Sanzao town has rich natural resources, such as Guanyin Mountain Country Park and Da Men Kou Wetland Park, which provide residents with a good leisure environment for exercise. Sanzao town health and wellness style features: Ecological health and wellness town, with wetland ecological restoration, forest trails, and rural health care bases as the core. Problems in Sanzao town: Infrastructure needs to be improved: with the rapid development of industry and population, part of the town's infrastructure needs to be further upgraded to meet the needs of residents and enterprises. Pressure on environmental protection: industrial development brings challenges to environmental protection, and environmental protection measures need to be strengthened to ensure the coordinated development of economy and ecology.

5.3. Style features and problems of Pingsha town

Pingsha town is located in the western part of the town near the sea, with agriculture and fishery as its traditional industries, possessing vast agricultural resources and fishery bases, and is the "granary" of Jinwan District. Features of Pingsha town: territorial tourism development: Relying on rich natural resources, Pingsha town is committed to building "the first town of Zhuhai's territorial tourism," promoting the agricultural, cultural, and tourism integration demonstration project on "one river and two banks" of Pingtang River, and developing rural tourism. Feature agriculture: Pingsha town owns the Guangdong Zhuhai Taiwan Farmers' Pioneer Park, develops modern agriculture, and has formed a feature agricultural industry mainly focusing on the cultivation of flowers, vegetables, and fruits. Film and Television Culture: relying on the former Pingsha Sugar Factory, Pingsha town creates a town of film and television culture features, develops cultural and creative industries, and enriches the town economy. Pingsha town health and wellness style features: agricultural health and wellness base, to create a farming picking and other leisure experience, field health fishing, and fishing village leisure as one of the features of the model. Problems in Pingsha town: Industrial structure needs to be optimised: although tourism and agriculture are developing rapidly, more high value-added industries still need to be introduced to enhance economic competitiveness. Infrastructure construction: The infrastructure in some areas is not yet perfect, and more investment is needed to improve the quality of life of residents.

5.4. Style features and problems of Nanshui town

Nanshui town is located in the south of Jinwan District, close to the coastline, and is characterised by coastal resources, with rich fishery resources and coastal wetlands. Nanshui town style features: Coastal features: Nanshui town is located in the southwestern part of Zhuhai City, near the South China Sea, with a beautiful coastline and rich marine resources. Fishery tradition: the town is rich in fishery resources, with a profound traditional fishery culture, and the residents mostly make a living by fishing, preserving the unique fishermen's style. Features of Nanshui town's health and wellness style: a coastal health and wellness destination, combining coastal sports, marine convalescence, coastal ecological restoration, and other functions. Problems in Nanshui town: Relatively lagging behind in economic development: Compared with other towns, the development of industry and the service industry in Nanshui town is relatively slow, and the economic structure needs to be optimised. Weak infrastructure: public service facilities such as transport, education, and medical care are inadequate in some areas and need to be strengthened.

Overall, the four towns in Jinwan District have their own features, with advantages in industrial development but also facing challenges in environmental protection and infrastructure construction. There is a need to adapt to local conditions, build on their strengths and avoid their weaknesses, and promote the coordinated and sustainable development of the towns.

6. Jinwan district based on symbiotic units, symbiotic environments, symbiotic patterns, and symbiotic interfaces

6.1. Symbiotic units of the four towns

Symbiotic unit refers to the interacting functional subjects in the system, including natural and human elements. Natural unit of Hongqi town: water resources. (Hongqi River, Sanha River.) Humanistic unit of Hongqi town: high-tech industry, aviation industry, Lingnan water village culture (e.g., Sanban Village), dragon boat sports culture. Hongqi town Health and Wellness Unit: Lingnan water town non-heritage culture (dragon boat racing), high-tech medical treatment, and intelligent

health and wellness facilities. Sanzao town natural unit: wetlands, parks. (Guanyinshan Country Park, Da Men Kou Wetland Park.) Sanzao town humanities unit: aviation, biomedicine, new energy industry; non-heritage culture. (Crane Dance, bamboo grass weaving.) Sanzao town health and wellness unit: non-heritage cultural creation (Sanzao Crane Dance, etc.), wetland ecological restoration, forest trails, and rural health care bases. Pingsha town natural unit: vast agricultural resources, fishery base. (Pingtang River Basin.) Pingsha town humanities Unit: Taiwan Farmers' Pioneer Park, film and television culture. (Pingsha Sugar Factory.) Pingsha town health and wellness unit: farming and picking experience, idyllic fishing and health, rural tourism. Nanshui town natural unit: coastline, coastal wetlands. Nanshui town humanities unit: traditional fishery culture. Health and wellness unit of Nanshui town: coastal sports, marine sanatorium, ecological restoration.

6.2. Symbiotic environment of the four towns

A symbiotic environment is to provide the material basis and conditions for the development of symbiotic units. Hongqi town's transport hub and modern town environment provide superior conditions for high-tech industries. Hongqi River Bidao and Lingnan water town features form a livable environment. Sanzao town's wetland resources and ecological environment provide the basis for biodiversity and ecological health and wellness, and the aviation industry and cultural heritage are integrated into the rural environment, enriching the town's functions. The rich agricultural resources and fishery resources of Pingsha town form the basis of ecology and economy, and the agricultural, cultural, and tourism integration demonstration area on both sides of the river promotes the development of rural tourism and cultural creativity. Nanshui town's coastal wetland and marine resources are the core conditions for ecological protection and health and wellness development, and the fishing tradition and coastal culture enrich the health and wellness features.

6.3. Four towns symbiosis model

The four-town symbiosis model describes the interactive relationship and form of cooperation between symbiotic units. Hongqi town combines ecology and science and technology: high-tech industry and ecological restoration jointly promote modern development. The integration of culture and health and wellness in Hongqi town: dragon boat cultural activities promote the combination of sports and leisure and health and wellness. Mutual promotion of ecology and industry in Sanzao town: Wetland protection and industrial development are symbiotic to create an ecological health and wellness town. Sanzao town cultural protection and rural revitalisation: non-heritage culture boosts rural quality and enhances the level of health and wellness style. Agriculture and tourism linkage in Pingsha town: agricultural resources are transformed into sightseeing and health and wellness resources, and the whole region's tourism is developed. Pingsha town cultural creativity and economic co-prosperity: film and television culture combined with modern agriculture, forming a new economic growth point. Nanshui town coastal and health and wellness synergy: the use of marine resources to develop coastal sports, sanatoriums, and ecological restoration to promote health and wellness features. Nanshui town: traditional and modern mingling, fishery culture and health and wellness demand combination, innovative coastal features of the development path.

6.4. Symbiotic interface of the four towns

The symbiotic interface of the four towns refers to the specific point or area of interaction and connection between units. Hongqi River Bidao, Hongqi town: ecological and living integration interface. High-tech Park in Hongqi town: interface between science and technology industry and urbanisation development. Wetland Park of Sanzao town: Combination point of ecological protection and residents' leisure. Sanzao town Non-heritage Cultural and Creative Neighbourhood: the interface of cultural heritage and rural revitalisation. Pingtang River, Pingsha town: "one river on both sides," the integration interface of agriculture, tourism, and ecology. Pingsha town film and television culture feature town: the key point of cultural creativity and economic development. Coastline of Nanshui town: the interface of coastal ecology, fishery, and health and wellness resources. Nanshui town fishing village community: the interface between traditional fishing culture and modern health and wellness needs.

7. Four symbiotic modules under the perspective of symbiosis theory

Analysed from the perspective of symbiosis theory, the four towns of Jinwan District have formed the regional features of "diversified units, ecological environment, composite mode, and integrated interface". By optimising the functions of the symbiotic units, improving the carrying capacity of the symbiotic environment, innovating the symbiotic model, and strengthening the linkage of the symbiotic interface, the coordinated development of the four towns can be achieved, and a modern, ecological, and cultural heritage coexisting health and wellness style system can be constructed. The overall goal of the four symbiotic modules in this paper was to build a four-in-one health and wellness style system of "ecology, culture, industry, and life" and to form a distinctive, ecologically friendly, and economically vibrant health and wellness area in Jinwan. The details are as follows.

7.1. Ecological symbiosis module

The four towns should rely on the wetland, marine, and coastal resources of Jinwan, Zhuhai, to build an integrated ecological protection and utilisation system.

7.2. Economic Symbiosis Module

With the aviation industry, ecotourism, and agriculture as the core, the four towns should realise resource sharing and industry chain linkage development.

7.3. Cultural Symbiosis Module

The four towns should preserve the unique cultural heritage of each town and form a symbiotic pattern of multicultural integration.

7.4. Social Symbiosis Module

The four towns should solve the problem of uneven distribution of resources and improve the quality of life of residents through the linked development of urban and rural areas.

8. Conclusion

The four towns in Jinwan District have their own features in terms of natural resources, cultural features, and industrial base. By integrating resources and functions through the symbiosis theory, an integrated health and wellness style system can be created, highlighting the integration features of ecological protection and the health and wellness industry and realising the goals of urban-rural linkage, ecological friendliness, and economic win-win situations. In terms of implementation, a regional master plan is formulated with clear functional zoning. The government, enterprises, and communities collaborate to establish a resource-sharing platform. Jinwan District should implement pilot demonstration projects, with Sanzao town and Nanshui town as the forerunners to drive the development of the whole region, and introduce social capital to promote the sustainable development of the health and wellness industry. Details are as follows.

8.1. Suggestions for the implementation of the ecological symbiosis module

Jinwan District should promote the protection and restoration of wetland and coastal resources. Second, it should also build cross-regional green corridors and promote ecological linkage among the four towns. Thirdly, it ought to promote low-carbon lifestyles and develop green energy.

8.2. Suggestions for implementing the economic symbiosis module

Jinwan District should establish upscale medical and health management facilities as well as prominent businesses in the wellness and health sector. Second, it should develop unique health and wellness goods including eco-tourism, seaside convalescence, and agricultural tourism. Thirdly, it ought to raise the standard of the service sector and promote leisure, wellness, health, and tourism.

8.3. Suggestions for the implementation of the cultural symbiosis module

Jinwan District should build a multicultural exhibition centre to promote fishing village culture, agricultural culture, and historical culture. Second, it should organise cultural festivals to enhance regional cultural identity. Thirdly, it ought to protect historical relics and non-heritage culture to strengthen cultural inheritance.

8.4. Suggestions for the implementation of the social symbiosis module

Jinwan District should enhance the sharing of medical resources between urban and rural areas, and establish regional health and wellness hospitals and community health and wellness centres. Second, it should enhance transport, housing, education, and other living facilities in the town. Thirdly, it ought to establish a community health management system and encourage national fitness activities.

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