

Research on the Development of Community Sports Culture and Pension Path in Chengdu

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ABSTRACT. *With the continuous improvement of the social living standards in our country, the problem of population aging is also increasing. At present, Chengdu is facing an accelerated development of population ageing and aging. The function of traditional old-age care mode has gradually weakened and cannot meet the current needs of old-age care in Chengdu. Therefore, this paper explores a new model of old-age care, based on the community of Chengdu, and introduces the government and social forces to participate in it, so as to construct a new model of urban community sports culture to meet the physical and mental needs of the elderly.*

KEYWORDS: *Chengdu; community sports culture; pension path*

1. Community sports culture reflects the role of old-age care

1.1 Promote the elderly to master sports knowledge and sports skills

Most elderly people do not have time to participate in sports activities because of their usual work or housework. As you grow older, you begin to value the health of your family and your family. On the basis of fully understanding the characteristics of one's own body^[1], the desire to participate in the corresponding sports activities is becoming more and more intense. According to the research, the structure of China's sports population is saddle-shaped. But older people do not have physical knowledge and skills. When participating in sports activities, sports injuries and exercise are often difficult to achieve the desired results due to the lack of sports knowledge and skills. At the same time, the participating sports activities are not organized and guided by the special personnel, so that they do not realize the benefits brought by sports, so that they can only spend time through mahjong or

watching TV. Only in this way can the elderly maintain a positive attitude and vitality. In fact, people should have the right insight when they are aware of the activities of the elderly. That is, the elderly are not unable to have activities, but the speed and rhythm are slow. Older people can meet internal needs by participating in activities.

1.2 to meet the spiritual pursuit of the elderly

Through the community sports culture, the spiritual world of the elderly can be promoted to accept new things and to nourish emotions in the process of interpersonal communication. When the elderly participate in the old-age sports clubs of different forms such as the elderly dance team and the community Taijiquan^[2], they can cultivate the sports culture and entertainment environment for the elderly, and encourage the elderly to enrich the elderly life through different types of sports activities and reintegrate into the society. , in turn, to enhance the sense of belonging of the elderly, to achieve old age. Practice has proved that community sports culture pension is a more humanized pension model for industrial society, which can encourage every elderly person to get support from the community. In the community, the elderly enjoy the sports culture and aged care service, experience the family environment and the familiar community environment, and promote the humanization of various community services.

2. Status and evaluation of the pension model in Chengdu

2.1 The status quo of Chengdu's pension model

(1) Family pension mode

Although the old-age pension model has many choices in the form of old care, old-age apartments, nursing homes, etc., most of the elderly are still difficult to "homeland", so family pension has always been the preferred pension model for the elderly. Family pension plays an irreplaceable role in urban urban care in Chengdu. Since the urban elderly are mostly relatively economically independent and have low dependence on their children, the economic burden of their children is not large,

and the help of their children to the elderly is more reflected in life^[3].

(2) Community pension model

On the premise of family-based and community-based, we use professional services as the main form of service for the elderly. While actively playing the leading role of the government and widely mobilizing social forces, we make full use of professionals and community-related service agencies. The elderly provide old-age care services and on-site services, so as to achieve the combination of institutional pension and home-based care, to meet the needs of the elderly in daily life and spiritual culture. By the end of 2018, Chengdu had completed 4,890 community-based old-age service facilities such as urban community day care stations, care centers, and elderly activity rooms. At the end of 2011, there were 5,190 community day care stations^[4].

(3) Institutional pension model

Institutional pension is a social pension institution under the government's policies and laws, including nursing homes, welfare homes, nursing homes, and individual investment institutions. As of the end of 2011, there were 914 public pension institutions in Chengdu, with 100,000 old-age beds, including 123 urban pension institutions and 27,000 old-age beds^[5].

2.2 Evaluation of pension model

By weighing the advantages and disadvantages of the above three pension models, the three pension models pay more attention to material care and satisfaction, but not enough care for the spiritual needs of the elderly, resulting in the lack of mental support for the elderly, directly affecting the elderly. Quality of Life. Therefore, starting from the actual needs of the material and spiritual aspects of the elderly, we explore a new model of old-age care that can fully consider the welfare of the old-age model and consider the compensation of social pension care. The community sports culture pensions make up for the problem of light and spiritual comfort in the current stage of pension. Therefore, the urban pension model of Chengdu should be based on the community-based sports culture and pension model of "family pension + community sports culture"^[6].

3. Constructing a new model of urban community sports culture and pension

3.1 Increase the supply of government community sports culture and aged care services

First, the government should increase financial support for community sports culture and pensions from hardware facilities and software investment, and create a “silver“ sports culture pension material platform and social atmosphere. Second, the government should formulate relevant policies to guide the development direction of community sports culture pension. The community sports culture pension is guaranteed from policies and laws. Third, the government should mobilize social forces to increase investment in sports culture and pension, and explore diversified operations such as public construction and private, private and public assistance, government support and purchase. Mode, improve the construction of community sports culture pension service system.

3.2 Building a multi-level community sports culture pension service system

The first is to set up a sports and cultural activity center for the elderly, and carry out a variety of sports and cultural activities; the second is to create community elderly sports clubs or associations in the form of community old-age dance teams and community Taijiquan associations to help the elderly find a sense of belonging; It provides sports guidance, sports prescriptions, sports and entertainment services for the elderly in the community, so that the content of community sports culture is more in line with the needs of the elderly and the actual needs of the residents. At the same time, combined with the services of health consultation evaluation, physical fitness testing, sports and entertainment, sports organization and guidance, exercise prescriptions and other different projects, the medical and health services are linked to promote the community's elderly care services to play a fundamental role. At the same time, in the process of establishing and improving the community pension service station, the role of the government in the organization should be fully exerted. Respond to different government departments to respond to different problems in the construction of community care services, and seek help from government departments. This will help the construction of community pension

stations. At the same time, according to the life of the elderly to play an organizational role, promote sports and cultural activities. Older people do not have physical knowledge and skills. Therefore, in the process of sports culture construction, community pension culture should adopt the mode of “taking learning as the mainstay and combining learning with music“. According to the sports interests and hobbies of the elderly, with the goal of raising the heart, the spiritual culture of the elderly is implemented with the content of the old-age service; the fourth is that the community should pay attention to the rights and interests of the elderly, and actively reflect the senior sports to the community sports culture. Demand, and actively contribute ideas and build a community sports culture pension service system.

3.3 Promote the community sports culture pension volunteer service inheritance

First, organize social sports instructors to base themselves on the community, guide community fitness activities, teach the elderly to popularize basic fitness knowledge, guide the elderly to civilized fitness, scientific fitness; second, organize the backbone of various sports associations to participate in the community elderly volunteer service, spread sports The basic skills of the project to improve the interest and skills of the elderly to participate in sports activities; the third is to organize physical education teachers and college students in colleges and universities to make full use of their sports skills and develop sports skills to teach volunteer services.

4. Conclusion

By integrating social resources, we will build an old-age social pension model that takes culture as a lasting driving force and attaches importance to spiritual support, keeps the development vitality of an aging society, and realizes that Chengdu and even China will maintain the economy in the context of future aging growth. The ultimate goal of prosperity, political civilization, cultural prosperity, and social progress.

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