

# Research on the Present Situation of Public Sports Facilities in Liangyuan District of Shangqiu City

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**Abstract:** *This paper is written to analyze the current situation of using the public sports facilities in Liangyuan District of Shangqiu city, which uses the method of literature and investigation. The survey result shows that the public sports facilities have a single model in some aspects like activities, facilities and adaptive objects. The ways of public sports facilities using is not totally familiar to local people. Besides, the management and maintenance of facilities is not timely. This paper provided a reference of sustainable development for urban sports facilities. Therefore, it will promote the feeling of using sports facilities and help people to develop exercise habits and a healthy lifestyle.*

**Keywords:** *Shangqiu City; Public Sports Facilities; Investigation of Current Situation*

## 1. Introduction

Today, a decisive victory in building a moderately prosperous society in all respects is the expectation of the people of the whole country, and it is the goal of 100 years of struggle, and accelerating the construction of sports power is an important part of it. Public sports facilities are indispensable sports facilities in today's society. A variety of sports facilities not only enrich people's lives, but also enhance people's physical fitness. Various participants in various parks and stadiums also form a beautiful landscape.

There are a large number of reports on our country, our province's public community sports research, the content of these experts and scholars are relatively developed or relatively developed economic areas and cities. Shangqiu City is a third-tier city, the urban development is relatively backward, the economic development speed is slow, the people's material and cultural life is not as good as the first and second-tier cities. Therefore, the sports facilities of Liangyuan District, where Shangqiu Normal College is located, will be the object of a field visit and a report, hoping to make people understand.

## 2. Research object and research method

### 2.1. Research object

Seven public sports facilities in Liangyuan Park, Shangqiu City, Henan Province 1. Youth Sports Park 2. Youth Park 3. Clean Government Cultural Square 4. Street Center Park 5. Culture Road Guide Road Small Park 6. Magnolia Garden 7. Shangqiu Volunteer Service theme Park.

### 2.2. Research methods

#### 2.2.1. Documentary method

This paper makes a detailed study on the development of public sports facilities in China, Henan Province and other cities by referring to the periodicals and relevant materials about public sports facilities.

#### 2.2.2. Questionnaire survey method

##### 2.2.2.1. Design and distribution of questionnaire

This questionnaire was designed by consulting data, namely, the Use of public sports facilities in Liangyuan District, Shangqiu City. Then, I and my classmates randomly distributed questionnaires to

citizens who were exercising in Liangyuan District, Shangqiu City. All questionnaires were distributed, filled in and collected on the spot. The recovery rate was 100%, 187 questionnaires were valid, and the effective rate was 93.6%. The data are shown in Table 1.

*Table 1: Statistical information of questionnaire distribution and recovery rate*

Number of copies issued	Recycled copies	Rate of recovery	Effective copies	Effective recovery rate
200	200	100%	187	93.6%

#### **2.2.2.2. Validity of the questionnaire**

The questionnaire was revised by the method of literature and expert review, and revised according to the expert opinions.

#### **2.2.2.3. Reliability of the questionnaire**

In this study, seven public sports facilities in Liangyuan District of Shangqiu City were randomly investigated, and questionnaires were randomly distributed three times, each time at an interval of one week. The questionnaires have high reliability.

#### **2.2.3. Mathematical statistics**

In the process of data screening and summary, mathematical statistics are used to provide data support for theoretical research.

#### **2.2.4. Logical analysis**

By summarizing and analyzing the data information and statistical data, this paper draws the conclusion of the research, respectively using analogy, synthesis and other methods.

#### **2.2.5. Inductive deduction method**

The conclusions are drawn from the analysis of the collected data.

### **3. Current situation of the use of public sports facilities in Liangyuan District of Shangqiu City**

#### **3.1. The construction of public sports facilities in Liang Yuan District has limitations**

The types of public sports facilities in Liang Yuan District are single. The same single public sports facilities throughout the year can not meet the people's rich and colorful fitness aspirations. The survey shows that swimming pool, tennis, badminton and other places are highly respected by the masses of the people, which can reflect that the improvement of living standards has a direct impact on the way of public fitness, and residents' demand for and investment in public sports facilities have increased. However, the existing public sports facilities and venues have not kept pace with The Times to meet the needs of the masses. The public sports facilities in Liangyuan District of Shangqiu City are more about "reaching the target", but the utilization rate, popularity and the needs of the audience are ignored. On the other hand, the public sports facilities in different cities should be adapted to local conditions. We should not only consider the needs of the people but also conform to the local characteristics and preferences. In fact, every region has its own unique characteristics. The construction of public sports facilities should not only be cold equipment, but also integrate local customs and customs into it and give full play to people's empathy ability and sports motivation to stimulate people's desire for fitness to the greatest extent, so as to truly stimulate people's fitness.

#### **3.2. The public sports facilities in Liang Yuan District have a single population**

Public sports facilities refer to the sum total of sports equipment configured to meet residents' needs for sports activities, sports and leisure.<sup>[1]</sup> As we enter a new era and stage in building socialism with Chinese characteristics, the principal social contradiction in China has changed from the ever-growing material and cultural needs to the contradiction between unbalanced and inadequate development and the people's ever-growing needs for a better life. In the survey, it was found that the types of public sports facilities in the seven places were relatively unified and relatively single, and the needs of different groups of people with different genders and ages and different activity purposes were ignored. The proportion of people under the age of 20 who use public sports facilities is 2.6%; The proportion of 20-40 year olds is 28%; Among them, the 20-30 year old group is even less, and the only respondents in this age group also said that community sports are not their first choice for fitness exercise because they can not meet

the exercise needs of most people around the body. The proportion of people between 40 and 60 is 38.4%; The proportion of people over the age of 60 is 28%, so it can be seen that middle-aged and elderly people are the main group of people who use sports facilities. The questionnaire data shows that more than 80% of the people want to add more children's entertainment places, which shows that the fitness needs of the public are not met by the existing conventional facilities.

### ***3.3. Public awareness of the use of public sports facilities is insufficient***

Public sports facilities should be the community residents can independently carry out a variety of easy and popular physical exercise activities. According to our survey, 80% of people are willing to add sports equipment to their own exercise plan, which on the one hand proves that sports public facilities can effectively help everyone exercise, on the other hand, it also shows that even if some people do not know much, but if there are conditions to understand and use, everyone is willing to join. But in fact, the results show that only 64% of people know the correct use of some fitness equipment. Incomplete and correct understanding makes many people can only be discouraged or use their own guessed exercise methods to exercise, such as do not know how to use the equipment is used by the public as the "pillar" of body impact. More than half of the people have a half-understanding of the use of fitness equipment from the side reflects that the relevant departments to complete the requirements of the installation and ignore the "teach people to fish to fish", has not yet carried out a formal and comprehensive teaching of the use of equipment so that the equipment can not really play a role.

### ***3.4. Public sports facilities lack timely management and maintenance***

Survey data show that 64% of people encounter occasional damage to sports facilities, 25% of people often encounter damage to sports facilities, part of which is malicious damage to the fitness equipment in good quality. There is also a part of the equipment due to disrepair or small number of users and improper use of fitness equipment damage. It reflects that the supervision mechanism of fitness equipment is not perfect, resulting in the shortened use period of equipment and the deterioration of the use environment. And according to the length of the maintenance time of sports facilities, the proportion of good maintenance is 30% in a week, the proportion of good maintenance is 27% in a year or so, and the rest of the equipment time is not regular, several months or has not been repaired. Long repair cycles can lead to people always coming to the gym but not exercising, which can reduce people's enthusiasm for exercise. It can be seen that there are great differences in the management of public sports facilities in different communities. The government does not have open, transparent, efficient and unified maintenance measures, nor does it carry out daily maintenance management. Some regions have identified maintenance measures but have not implemented them in name only, and the system of investment maintenance is not perfect compared with investment construction.

### ***3.5. The allocation and construction of public sports facilities are unreasonable***

The supply of public sports services in urban communities has such problems as insufficient social operation and social input, non-standard hardware planning and manpower management, and unreasonable government purchase and performance monitoring and evaluation [2]. During the investigation, it was found that the setting and management of public sports facilities were heavily formatted. On the one hand, most bodybuilders have encountered many kinds of equipment are set one or two, but some facilities have a very low utilization rate and have been idle, and fitness equipment suitable for use and reasonable efficacy needs to be queued up for use even after exercise has not been successfully used. The relevant departments have not humanized the situation, and have applied to the relevant personnel to increase the number but have nowhere to complain. This kind of equipment because the supply is far less than the demand, resulting in high frequency of use, equipment is often damaged but not repaired in time, and ultimately cost-effective equipment can not be used so that people change the way of exercise or do not exercise here. On the other hand, for example, the residents of the Youth Park said that the table tennis table in their community had been demolished and not rebuilt, so they had to choose a further place. However, the youth park table tennis table supporting facilities are not perfect, the table is in disrepair and there is no canopy for a long time, the table is not smooth, and it is very affected when sports. In some areas, due to the expansion of the region and the damage caused by heavy use, the original facilities have been dismantled, but because the funds are not in place or not timely maintenance, the public sports facilities in the region can not be used normally, and can not meet the normal sports needs of people. Or the unreasonable problems of the initial construction of the equipment have not been solved. The construction of public sports facilities in Liang Yuan District is too unified and formatted, and the construction fails to completely start from the perspective of actual people's needs.

### ***3.6. People's social need couldn't be satisfied.***

Sports is not limited to a single person, the construction of public sports facilities to meet the sports needs of community members, improve the physical and mental health of community members and develop feelings among community residents as the main purpose. According to the results of the questionnaire, most of the reasons for people to use community sports facilities include fitness exercise, accompanying family members, enhancing neighborhood relationships and killing time. Many people choose two or three of the options, which indicates that public sports facilities can meet people's multiple needs and promote each other, contributing to the development of body, family, mood and other aspects. Therefore, the vigorous construction and development of public sports facilities also promotes the harmony of the progressive society of small families. However, 34% of people think that they cannot find suitable sports facilities and venues in their communities, which positively shows that the construction of sports public facilities should be more reasonable to let people join the ranks of fitness. Only 2% of people do not like physical exercise, compared to 44% of people who do not exercise. Therefore, the relevant departments should vigorously develop the construction and promotion of mass sports activities.

## **4. Analysis on the reasons of the use of public sports facilities in Liangyuan District of Shangqiu City**

### ***4.1. The restriction of the level of economic development in Liangyuan District of Shangqiu City***

Urban community sports is a social and cultural phenomenon, and its emergence and development are closely related to the development of the whole society<sup>[3]</sup>. The development of public sports facilities in Liangyuan District of Shangqiu City is also closely related to the development and changes of the political, economic, scientific development, culture and education, lifestyle and habits, national development trend and related policies. Among these factors, since the economic base determines the superstructure and health is the primary concern of the people after ensuring the material base, people's attention to sports undertakings and the development of sports undertakings themselves are the inevitable results of social and economic development, and the development level of social and economic development also directly restricts the development level of sports undertakings. Therefore, the level of urban economic development directly affects the establishment and development of public sports facilities. With the development of China's economy, the level of economic development of Henan Province is also rising rapidly, and Shangqiu City is also keeping up with it. However, as a third-tier city, Shangqiu's economic strength is still in a relatively backward stage of development, which restricts the development of urban public sports facilities to a certain extent.

### ***4.2. Functional departments are not in place in the construction and supervision of facilities***

At present, there are serious deficiencies in the management of community public sports facilities in our country<sup>[4]</sup>. The construction of public sports facilities is an integral part of urban planning and construction, and the state has issued regulations such as the Regulations on the Planning and Design of Urban Residential Areas to ensure the implementation of the construction of public sports facilities. Among them, the "regulations" require that district-level communities need to have a stadium with 15,000 to 20,000 seats, a stadium with 2,000 to 4,000 seats, and the residential community needs to be equipped with sports venues 200-300m<sup>2</sup>/1,000 people, and the state has also made strict regulations on the standards for sports facilities in the new community.<sup>[5]</sup> However, in the actual urban construction planning, these provisions are not strictly implemented, and some functional departments even appear administrative inaction.<sup>[6]</sup>

### ***4.3. The construction of public sports facilities lacks innovation***

#### ***4.3.1. Public sports facilities type innovation***

With the rapid development of society, people's requirements for life are not limited to meeting food and clothing, and sports have also developed into a period of "fitness fever" for national fitness. With the development of economy, culture, science and so on, the government should also formulate scientific and perfect public sports facilities construction strategies that meet the needs of today's people. The low quality of sports facilities, the single type of sports facilities and other problems seriously affect the further development of sports. Public sports facilities should be diversified, humanized and not one-sided, and set up fitness facilities that conform to the current men, women and children, so that teenagers and children also have suitable fitness places.

#### 4.3.2. Management innovation of public sports system

The contradiction between the growing sports demand of the masses of Henan Province and the relatively insufficient sports resources provided by the society is still prominent. The popularity rate of mass sports activities is not high, and the function of the government in providing sports public services to the masses has not been fully utilized<sup>[6]</sup>. On the one hand, diversified and humanized public sports facilities are not one-sided, and fitness facilities adapted to the current men, women and children are set up, so that teenagers and children also have suitable fitness places. The government pays more attention to urban development planning and construction. Therefore, the government's supervision on the personnel allocation and system guarantee of community public sports facilities is relatively lagging<sup>[7]</sup>. In the face of all kinds of new fitness methods, the government should not just regulate or let go, but should formulate corresponding regulations to rationalize and make it safe. For example, the "mob group", which is more popular in Shangqiu today, will appear around various communities from 5 p.m. to 8 p.m., a large number of people will play decibel music and walk quickly in groups on the road. It is not only disturbing the public, disturbing the order, but even everyone has a safety risk. The government should timely control such fitness methods, and give a reasonable and legal way to settle these people who attach importance to health but fail to exercise in the right way.

#### 4.4. We will increase basic investment in public facilities

At present, one of the problems of public sports facilities in Liangyuan District of Shangqiu City is the construction of facilities. With the development of The Times, people love more and more kinds of sports, such as swimming, tennis, rock climbing, golf and so on. However, due to the shortage of professional venues, professional community sports guidance personnel is insufficient. Therefore, the lack of the development and dissemination of various sports in the population has also increased the difficulty of People's Daily exercise. Adults are the mainstay of the country, and meeting their fitness needs can effectively promote people's fitness, mental health, physical health and eliminate bad emotions. If more investment is made to improve the types of venues and professional management personnel of public sports facilities, public sports facilities in Liangyuan District of Shangqiu City will have better development.

### 5. Conclusions

First, the types of public sports facilities in Liang Park are relatively simple, so it is necessary to enrich the types and contents of public sports facilities to meet the needs of people's increasing living standards.

Second, the regulatory authorities must promptly carry out quality inspections and maintenance of public sports facilities.

Third, professional social instructors should be provided during the peak usage of fitness equipment to address residents' improper use and prevent accidental injuries.

Fourth, regular community competitions can be organized to foster the enthusiasm of sports participants. Holding activities can also enrich people's spare time life and pull in the relationship between people.

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