

Research on Sports Participation in Social Integration of the Migrant Elderly from the Perspective of "Active Aging"

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Abstract: China has entered a rapid stage of population aging, the population structure of getting old before getting rich has brought many disadvantages to the social and economic development. Under the dual function of aging population and floating family, more and more elderly people join the floating army to support their children's career development and realize the maximization of family interests. However, the social integration of the floating elderly has a big problem, which seriously affects their physical and mental health. In order to improve the quality of life of the elderly, the country has formulated an "active aging" strategy. Sports participation can effectively improve individual human capital and social capital, so as to improve social integration, which is an important choice to implement the national strategy at present.

Keywords: active aging; migrant elderly; social integration

1. Introduction

Population aging has become one of the most distinctive features of Chinese society. General Secretary Xi Jinping once pointed out that China's population aging has three characteristics: "the fastest speed, the largest scale, and the most important task to deal with". According to China Development Report 2020: Development Trends and Policies of China's Aging Population, the aging rate of China's population during the 14th Five-Year Plan period will significantly exceed that during the 13th Five-Year Plan period, and the elderly population will exceed 300 million, accounting for 20% of the total population. Under the dual function of population aging and floating family, the floating old people have gradually formed a huge social group. According to the Report on the Development of China's Floating Population 2018, the total number of floating elderly people in China has reached more than 20 million, accounting for about 10% of the elderly population, and under the influence of the two-child policy and old-age habits, more elderly people will join them in the future. However, under the influence of various subjective and objective factors, the floating elderly, a special group of social integration problems, mainly manifested as spiritual emptiness, self-isolation and psychological loneliness, seriously affect their physical and mental health and family happiness.

"Active aging" has become a key global policy to face the challenge of population aging. In China, "active aging" has been written into the report of the 19th CPC National Congress. In 2017 and 2019, the "Thirteenth Five-Year Plan for Healthy Aging" and the "National Medium and Long Term Plan for Actively Responding to Population Aging" were respectively issued, marking the further promotion of the position of "active aging" in China's macro strategic deployment. Social integration plays an important role in promoting the mental health of the elderly (Cui Hongzhi, 2015). In the context of "active aging", paying attention to the social integration of the floating elderly is not only related to personal health and family happiness, but also directly affects social harmony and the realization of the strategic goal of "Healthy China".

2. The core concept and research of "active aging"

The concept of "Active Aging" (Active Aging) is in the "Successful Aging" (Successful Aging, 1946), "the Productive Aging" (Productive Aging, 1982) and "Healthy Aging" (Healthy Aging, 1987) on the basis of development, its core thought is a positive view of the elderly, to view them as the wealth of the

society, and improve their health, the maximum social participation and the security level (WHO, 2002).

The term "Successful Aging" was first proposed by Lawton (1946). Later, Paltrow E (1979) defined it as "living a life of 75 years, healthy and happy". Because this requirement is high, is not universal, and has obvious subjective color, so people put forward "productive aging". The idea of "productive aging" is that the elderly should be more actively involved in social, economic and cultural life, rather than passively dependent and waiting for family members and society to support them. "Productive aging" positive factors, especially old people no longer see as the consumption of social resources and the problems of centralized, request everybody should attach great importance to the social value of the elderly, to create conditions for the elderly to participate in social economic life convenience, under this concept, countries also established relevant policy, such as delay retirement system. However, this concept has been criticized because it arranges the old people's life from the perspective of social needs, and it is a helpless move due to the relatively insufficient human resources caused by the great change of population structure. Therefore, in the 1990s, the World Health Organization put forward the concept of "healthy aging". The concept of "healthy aging" advocates looking at the problem of population aging from the perspective of the elderly's own needs. There is no doubt that with the growth of age, the physical function continues to deteriorate, health has become the first need of the elderly. Therefore, "Healthy Aging" emphasizes the need to pay great attention to the health needs of the elderly, and points out that "health" is not only physical health, but also mental health and good social adaptation. In addition, the life extension pursued by "healthy aging" does not only refer to the extension of life length, but also lies in the healthy life length. It not only improves the quality of life as much as possible, reduces the survival period with disease, and lives to the late stage of life with normal function. In 2002, the World Health Organization added two dimensions of "participation" and "protection" to the concept of "active aging" on the basis of "healthy aging". "Participation" that old people have the right to participate in various social affairs, this with "productive aging" in the old society participation, "participation" a more active, here is in the perspective of "power" in the elderly, and is not only to provide productivity and participate in economic activities, the elderly have the right to participate in they want to participate in the activities. "Guarantee" requires the government and social sectors to provide all necessary security policies and measures to safeguard the rights and interests of the elderly and create a friendly social environment for the elderly.

It has been nearly 20 years since the concept of "active aging" was put forward. Scholars at home and abroad have carried out a large number of studies, mainly including the following aspects: First, the construction of evaluation index system, which mainly includes employment, social participation, environment and life satisfaction (Xie Hui et al., 2019) [1]. Second, the choice of public policies: mainly to strengthen skills training and promote lifelong learning education policies; Increase financial input and strengthen the fiscal policy of tax support; Population policies that increase fertility and delay retirement; Social security policy of national pooling basic pension (Pang Fengxi et al., 2019) [2]. Third, the enrichment and improvement of connotation (and cross-cultural interpretation): health is no longer limited to individuals, but more depends on the overall environment in which the elderly live; Positive not only reflected in the object, the elderly themselves should also have a more positive attitude to participate in the society; Social security should not only focus on the static results, but also on the dynamic support of the whole process and classification (Wu Cangping et al., 2013;) [3]. In general, as a new concept for countries to deal with the problem of population aging in the 21st century, the research on "active aging" has been hot for 20 years, especially after "active aging" was elevated to China's national strategy in 2017, the domestic related research is emerging in an endless flow. However, in general, the research is mainly carried out from the macro policy level, and lacks the exploration of the specific implementation path at the micro level. And most of the studies are only from a single discipline theory, multi-angle, multi-discipline support of comprehensive research is insufficient.

3. The health status of the floating elderly

Population mobility is closely related to the level of social and economic development. Therefore, Western countries paid early attention to the special group of floating elderly people. Relevant researches focus on the following aspects: First, the research objects are mainly retired elderly people (Litwak E, 1987); Secondly, the reason for mobility is mainly to pursue a better quality of life (Shin, 1990; Marion R, 2018); Third, the trajectory of mobility is mainly outward in the early retirement years and back in the later life to seek the care of children (Walter, 2000). Fourthly, the causes affecting flows and related theories, such as push-pull theory and life cycle theory, etc. (Lee E S, 1966; Longino, 2003).

Relevant studies show that the number of floating population in China has increased from 120 million

in 2000 to 247million in 2016, accounting for about 18% of the total population, equivalent to one floating population in every six. Although the total number of floating population began to decline since 2015, it still maintains a large proportion. In 2005, the population aged 60 or above in China was 144.08 million, accounting for about 11% of the total population (1307.56 million), among which the floating elderly were 2.766 million, accounting for about 1.92% of the elderly population. In 2015, the number of people aged 60 or above in China was 222 million, accounting for 16.1% of the total population (137.462 million), among which the floating elderly were 17.784 million, accounting for 8.01% of the elderly population and 7.2 of the total floating population. Over the past ten years, the elderly population increased from 10.85% of the total population to 16.1%, the floating elderly population increased from 1.92% to 8.1%, and the number of floating elderly people increased from 2.766 million to 17.784 million, an increase of 15.017,700 people. According to China's Population Outlook (2018), the size and degree of aging of China's elderly population will increase from 160 million (11.4%) in 2017 to more than 300 million (21.0%) around 2033. According to the Statistical Communique of the People's Republic of China on the 2017 National Economic and Social Development released on February 28, 2018, as of the end of 2017, the number of people separated from households in China reached 291 million, among which the number of floating population reached 244 million, and the number of floating population in China will remain above 200 million in 2020. In recent years, the number and proportion of the elderly floating population in China have increased significantly under the dual influence of family-oriented floating and aging population. According to the data published in China Floating Population Development Report 2018, the number of elderly floating population and its proportion in the total floating population are 17.784 million and 8.01% respectively (Liao Aidi,2019) [4].

From the above data, we can see three characteristics : (1) The degree of aging of China's population is gradually increasing. This is because, with the continuous development of China's social and economic level, people's living standard is also constantly improving, the improvement of material living standard effectively improves the health level, thus prolonging the average life expectancy. In addition, the development of science and technology has promoted the improvement of the level of medical security, providing good treatment methods and means for solving the common diseases of the elderly. Finally, the desire of working-age women to have children gradually declines. Due to the inertia of the one-child policy over the past 40 years and changing attitudes, more and more women say they are only willing to have one child because of the rising cost of raising a child and because young couples have the right to pursue independent lives. (2) China is a super floating population country. Since the reform and opening up, urban and rural economic development is unbalanced, the household registration system is also constantly reformed, in order to pursue a better life, a large number of rural surplus labor force into the city, providing important human resources for the development of the city. Ten years ago, China's floating population reached more than 200 million, equivalent to every six people in the floating, which is unimaginable to other countries in China. (3) The floating elderly are gradually increasing. Studies have shown that while the total number of migrants has declined from 2015, the scale of the migrant elderly is growing. This is because more and more elderly people join the floating group in order to provide family care for their children, showing the trend of floating family. And this trend is promoted by the liberalization of the two-child policy and the rapid development of urbanization, and the scale of floating elderly people will become larger and larger.

There are not many studies on the health status of the floating elderly, and they mainly stay in the description of the current situation and analysis of the reasons. By comparing different flow characteristics of the old man self-reported health, found that men were self-reported health status is better than women, the higher the level of education better self-reported health status, for the old man with the sports better self-reported health, social support, friends, the more stronger flow claus self-reported health status is relatively good, have medical insurance the flow of the old man self-reported health is relatively good in the flow of the old people without medical insurance, have a spouse to support the flow of self-reported health are relatively good, old man in the flow of the defined without a friend the old man of self-evaluation of health status is generally poor, age level, the higher the self-reported health status. The original life circle of the floating elderly, coupled with the fact that their spouses do not move with them, and the children become enigmas in the electronic products and virtual world when they return home, resulting in no social interaction outside and no good communication atmosphere in the family. In addition, the concept and way of intergenerational rearing of the floating elderly are quite different from that of their offspring, which makes them prone to tension between mother-in-law and daughter-in-law. Therefore, the mental health status is not optimistic. Mental health problems are not simply personal problems, but are linked to certain social factors. From the perspective of demographic characteristics, gender, age, marriage and physical health status have significant effects on their mental health, and the factors influencing their mental health are relative socioeconomic status rather than

absolute socioeconomic status. The stress caused by living habits and behavior styles has a significant impact on the mental health of the floating elderly, and different types of social capital can have different effects on the mental health of the floating elderly. Compared with the general elderly population, the floating elderly are more in need of seeking spiritual support in the new environment. However, researches on the spiritual needs and comfort channels of the floating elderly are seriously insufficient. The social adaptation of the floating elderly is also the focus of research on the floating elderly, which has been deeply explored from economic, cultural, social, psychological, behavioral and other dimensions. Most scholars have found that the floating elderly have negative and fragile mental state, lack of self-efficacy and sense of value, psychological depression, loneliness and vulnerability. Simmons once proposed that "change is the key to the problems of the elderly". With the change of living mode and social environment, whether the floating elderly can integrate into the place of relocation and better adapt to the local life is not only related to their physical and mental health and value realization, but also closely related to family harmony and social stability (Liao Aidi 2019) [4].

In a word, with the rapid development of urbanization, the aggravation of population aging, and the reform of household registration system and birth policy, more and more elderly people have joined the tide of floating population. There are also a lot of researches on the floating elderly. The relevant researches focus on the following aspects: First, the types of mobility, including "economic", "care", "reunion" and "endowment", etc. Second, related characteristics, including age characteristics, gender characteristics and regional characteristics (Meng Xiangjing et al., 2004) [5]; Third, living status, including physical and mental health and residence intention, etc. (Peng Dasong, 2020). It can be seen from the above that the reasons for the flow of the elderly in China are quite different from those in western countries. Most of them are forced to move for the purpose of intergenerational support and maximizing family benefits. Therefore, the more mature theories in western countries are not fully applicable to the research on the characteristics of the floating elderly in China. In addition, the floating elderly have completed major life events such as education, birth and employment, and have entered the stage of old age that is easy to be ignored. Therefore, relevant researches are not abundant, and most of them focus on theoretical construction while empirical researches are relatively lacking.

4. Sports participate in social integration

The concept of the first by the French sociologist Emile Durkheim in "suicide wheel" (1897) suggested that between different group, individual, culture refers to the process of integration and adaptation. Studies on social integration in western countries mainly focus on the social adaptation of international immigrants, believing that social integration can cultivate a healthy physical and mental state and enhance the sense of social identity and belonging of individuals (Phinney, 1990). A series of influential social integration theories, such as melting pot theory, separation fusion theory and selection fusion theory, have been formed successively in western researches. When domestic scholars cite the theory of social integration to explain China's population migration, they have noticed that there are not only cultural differences between urban and rural areas, but also multiple obstacles such as differences in identity, life style, behavior habits and institutional guarantee.

Social integration is a pluralistic concept, which is defined by scholars from sociology, economics, psychology and anthropology. Tian Kai (1995) proposed that the process of floating population's adaptation to urban life is actually a process of re-socialization. Zhu Li believes that integration and adaptation are not simply equal to assimilation, and integration is more active (Zhu Li, 2002)[6]. Ren Yuan and Wu-Ri Minle [7], who defined social integration earlier in China, pointed out that social integration is a process of mutual coordination and adaptation between individuals, between different groups, or between different cultures, with the goal of building a benign and harmonious society. Yang Juhua (2010)[8] also pointed out that "social integration" is a dynamic, progressive, multi-dimensional and interactive concept. Zhou Hao (2012) [9] think social integration is a multi-dimensional concept, he will be divided into the economic integration, cultural adaptation, social adaptation, fusion structure and identity the five dimensions, think social integration in from adaptation to separate the fusion is to merge the three stages of a certain point, visible in academia at present the concept of social integration has not yet reached consensus (Yan YuePing Liao Aidi, 2016) [10], in general, social integration is the individual into the objective environment, is the one, in the process of integration will lose its original characteristics. In the process of social integration, both sides will preserve their original characteristics and form a new culture with other cultural characteristics.

Sports is an important means to improve health, maintain positive mental and physiological state, and maintain social stability. Sports behavior is mainly individual health care activities, as well as various

types of recreational activities, its purpose is to realize the body, mind, reasonable development of social and cultural forms. Sports activities are rich in content, comprehensive in function, easy to carry out, easy to carry out, and the effect is clear. People of all ages can find sports that suit them according to their interests and physical conditions. Therefore, it is easier to carry out than other forms of cultural activities, especially for the floating elderly, who have the same sports hobbies, it is easier to make new friends, reconstruct their interpersonal relationships, and reduce the sense of urban "edge" of the elderly who move with them. The most striking feature of the form of physical activity is the interaction between people and between organizations. In sports, participants are gathered together according to their personal interests. The purpose of the activities is public welfare and the way of the activities is random, which provides a good link for people from all walks of life to interact and communicate. There is no utilitarian interest in sports activities, but they can show their true colors to others, and the interaction in sports activities has a natural affinity (Li Liangming, Yang Aihua) [11].

5. Conclusion

According to the review, China's floating elderly people will continue to expand in the country's new urbanization construction and aging of the population. Flow of the elderly due to environmental changes and the decrease of the family status, physiological function decline, the family communication and family care task under the influence of multiple factors, such as their social situation is not ideal, the depressed, pessimistic, loneliness and a series of psychological problems, happiness is poorer, to individuals and families are brought a larger burden, is that we should pay more attention to social problems. "Active aging" is an important strategic choice for China's aging population at the present stage, and also a positive response to the needs of the elderly for a better life at the national level. The Party and the state have always attached great importance to the happiness and health of the elderly, and the introduction of various policies on the elderly for many years is to protect the rights and interests of the elderly. People in the process of sports participation can not only directly gain physical quality, but also can solve various psychological problems. In addition, group sports activities can promote communication and help people form a common rule value, which is conducive to the generation of individual social capital [12]. Therefore, sports perfectly conforms to the concept of "active aging" from the two dimensions of participation and health. Under the Healthy China and the national new-type urbanization construction strategy, sports participation is an important way to improve the social integration of the floating elderly, and then improve the quality of life and happy life.

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