

Research on the characteristics and influencing factors of sports participation of the elderly in urban community from the perspective of governance modernization --Take Nanchang, Jiujiang and Ganzhou as an example

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Abstract: Literature access methods, questionnaire method, interview method, mathematical statistics method, field trip method and other methods were used to study the sports participation of 280 urban community elderly over 60 years old in Nanchang, Jiujiang and Ganzhou, Jiangxi Province, and based on the full necessity, objective regularity and subjective initiative of sports participation of the elderly in urban community, and fully exploring the value connotation of sports participation of the elderly in urban community, this paper analyzes the characteristics of sports investment level and quality of life of the elderly in urban community. So we considered that the main factors affecting the sports participation of the elderly in urban communities are reflected in: insufficient attention to the sports of the elderly in urban communities, the imbalance between the supply and demand of sports resources in urban communities, the lack of social sports professionals in urban communities, the unclear rights and responsibilities of urban community sports governance, and the insufficient participation of social forces in urban community sports.

Keywords: Urban community elderly; Sports participation; Feature analysis; Influence factor

1. Introduction

In March 2022, the general office of the CPC Central Committee and the general office of the State Council issued the opinions on building a higher-level public service system for national fitness, which pointed out that by 2025, a higher-level public service system for national fitness will be basically established, the area of sports venues per capita will reach 2.6 square meters, and the proportion of people who often participate in physical exercise will reach 38.5%; By 2035, a public service system for fitness for the whole people suitable for modern socialist countries will be fully established, and the proportion of people who often participate in physical exercise will reach more than 45%. Physical fitness and sports leisure will become a common way of life, and the people's physical literacy and health level will be in the forefront of the world^[1].

However, aging has become an important national condition in China. Its main characteristics are the large scale of the elderly population and the obvious acceleration of the aging process.

In 2019, the CPC Central Committee and the State Council issued the medium and long term plan for the country to actively respond to population aging. The Fifth Plenary Session of the 19th CPC Central Committee also clearly put forward the "implementation of the national strategy for actively responding to population aging". The opinions of the CPC Central Committee and the State Council on strengthening the work on aging in the new era (2021) pointed out that actively responding to China's population aging is related to the overall development of the country, the well-being of the people and social harmony and stability^[2], It is of great significance for building a socialist modern country in an all-round way.

Under the background of the modernization of governance system and Governance Ability^[3], how to adopt healthy sports methods to promote the physical health of the elderly, improve the health level

of the elderly and alleviate the social impact of aging, the development of sports for the elderly in urban communities has become particularly important.

2. Research object and method

2.1 Research object

Taking the sports participation of 280 urban community elderly over 60 years old in Nanchang, Jiujiang and Ganzhou as the research object. There were 132 elderly males, aged 60-81 years, with an average of 68.61 ± 7.18 years; There were 148 elderly women, aged 60-88 years, with an average of 71.67 ± 7.83 years.

2.2 Research methods

2.2.1 Literature access methods

Using Literature access methods to indirectly investigate the modernization of governance ability, the situation of sports activities of the elderly in the community, the development status and frontier theoretical trends of public sports service and management. Through the literature retrieval, reading and sorting of relevant research contents and research results of China Journal Network, excellent doctoral thesis network, China knowledge network, Google academic and other websites and library materials, and carry out scientific analysis and use.

2.2.2 Questionnaire method

In this study, the online questionnaire was used to measure the sports investment and quality of life of the elderly in urban communities by using the "SF-36 quality of life questionnaire (Chinese Second Edition)" and referring to the sports investment evaluation system^[4] of Japanese scholar yoshizo kanazaki. At the same time, the "Questionnaire on Influencing Factors of sports participation of the elderly in urban communities" was prepared. After testing, the questionnaire has high reliability and validity.

A total of 280 valid questionnaires were received from the elderly over the age of 60 in Nanchang, Jiujiang and Ganzhou, including 9 items such as gender, age, education level, physical exercise time, physical exercise duration, number of physical exercise weeks, exercise items and exercise venues of the elderly, as well as the investigation of community sports infrastructure, service management of communities, neighborhood offices and neighborhood committees, and relevant community sports associations, In order to better understand the current situation, characteristics and influencing factors of the elderly participating in sports in urban communities in the three cities.

2.2.3 Interview method

In the form of online and offline interviews, the management and service personnel of relevant sub district offices, communities and neighborhood committees in the three cities were interviewed, and a total of 30 elderly people in the community were interviewed offline. It mainly involves relevant urban community sports service system and management, sports participation and satisfaction of the elderly, relevant influencing factors and suggestions on sports activities of the elderly, etc.

2.2.4 Mathematical statistics method

Using Spss23.0 statistical software package to make statistical analysis on the collected questionnaires and scales.

2.2.5 Field trip method

In the process of this study, the members of the research group investigated the public sports service places, service items, management systems and paid service related stadiums in some communities of Nanchang, Jiujiang and Ganzhou according to geographical distribution, and communicated with relevant managers and community residents.

3. Research results and analysis

3.1 Value connotation of sports participation of the elderly in urban community

3.1.1 The sufficiency and necessity of sports participation of the elderly in urban community

According to the viewpoint of mathematics and logic, there are three conditions that affect the existence and development of things: sufficient conditions, necessary conditions and sufficient and necessary conditions. Sufficient condition, that is, as long as this condition is met, something as a result is bound to appear; The necessary condition, that is, it must have this condition, otherwise the specific thing as the result will not appear, and the necessary condition is the necessary premise of the existence of things; The sufficient and necessary condition is that if the condition is met, a result will appear. If there is a result, it means that the condition is met. The condition and the result have the internal relationship of the same in and out.

Based on this principle, sports participation is an important link to improve people's health and quality of life, especially the quality of sports activities of the elderly, which directly affects their physique and quality of life, determines the level of community service and management, as well as the level of society's active response to aging and promoting social harmony and stability. Therefore, from the perspective of the modernization of governance ability, to strengthen and promote the sports participation of the elderly in urban communities, effectively improve the physical health of the elderly and form the sports life of the elderly in communities, we must examine the sufficiency and necessity of this activity from the perspective of communication, macro and expression.

3.1.2 Objective regularity of sports participation of the elderly in urban community

The basic principle of philosophy reveals that the origin of the world is material, and the existence and development of material are not transferred by human will. The enhancement of people's physical health is also reflected in the fact that the existence and development of things should be dominated by internal objective laws, which is not transferred by human will. Sports activities also have their own inherent objective laws. The law of sports activities is the connection between the essence, inevitability and stability behind the enhancement of people's physique. It is objective. It is the basis for us to determine appropriate activity objectives, activity principles, choose correct exercise methods and build high-quality sports activities. It plays a normative and restrictive role in our sports activities.

The effective participation of the elderly in sports activities must be the result of following a series of objective laws of sports and physical activities. Therefore, to improve the physical health and quality of life of the elderly, we must accurately grasp the objective law of sports activities and fully understand the new ideas, new requirements and new characteristics of sports activities in the new era.

3.1.3 Subjective initiative of sports participation of the elderly in urban community

The purpose of grasping the objective law of sports activities is to give full play to the subjective initiative of participants on the basis of respecting the objective law. The so-called subjective initiative is to be able to actively understand and make use of objective laws, consciously think about problems and do things, consciously create and change objective conditions, and open up a way for the role of objective laws. Respecting objective laws and giving full play to people's subjective initiative are complementary and dialectically unified.

Only the thought based on and in line with objective facts is the correct thought, and only the participation or movement based on the correct thought is the correct movement. For the whole society to actively respond to healthy aging, we need to give play to our conscious initiative according to objective facts and guide our behavior according to correct ideas and concepts. For the improvement of the health of the elderly in urban communities, it is also necessary to take the sports participation of the elderly in communities as an important goal and challenge, change passivity into initiative, and give full play to their subjective initiative. Exerting subjective initiative is the key factor to promote the elderly in urban communities to actively participate in sports activities, form a healthy atmosphere of physical exercise and promote the healthy and sustainable development of society. For community service and management personnel, their life subjectivity is mainly reflected in the process of completing their own work, reflecting the spirit of ownership, and in their leading role in the process of community governance and service.

3.2 Analysis on the characteristics of sports participation of the elderly in urban communities in Nanchang, Jiujiang and Ganzhou

3.2.1 Analysis on the characteristics of sports investment level of the elderly in urban community

According to table 1, the sports investment of elderly men in urban communities in Nanchang, Jiujiang and Ganzhou is mainly concentrated in the medium investment level, accounting for 65.7%, followed by the high investment level, accounting for 22.9% and the low investment level, accounting for 11.4%; Community elderly women's sports investment is mainly concentrated in the medium investment level, accounting for 64.9%, followed by low investment level, accounting for 18.9% and high investment level, accounting for 16.2%. The money investment and overall investment in physical exercise of elderly men are significantly higher than those of elderly women, but there is no difference in physical energy, time and emotion. There are significant differences in the investment of sports time, emotion and money among the elderly men in different sports investment levels, while there are significant differences in the investment of sports energy, time and emotion among the elderly women in different sports investment levels.

Table 1: Comparison of scores of sports investment evaluation indexes of the elderly ($\bar{x} \pm s$, N=280)

Sex	Group	Quantity	Frequency of physical exercise /min (A)	Time per exercise /min (B)	Importance of sports /score (C)	Important order of sports /score (D)	Sports money investment /minute (E)
Male N=132	High	24	3.90±0.17	3.77±0.15*	3.92±0.23*	5.13±0.17	3.29±0.32*
	Medium	92	2.64±0.08	2.87±0.13	3.30±0.25	4.39±0.26	2.18±0.27
	Low	16	1.67±0.12	1.11±0.17	2.20±0.12	3.64±0.27*	1.35±0.44
Female N=148	High	24	3.07±0.18*	2.21±0.13*	3.92±0.24*	4.58±0.17*	2.27±0.34
	Medium	96	1.94±0.13	1.87±0.14	3.19±0.23	4.14±0.19	1.45±0.29
	Low	28	1.27±0.14	1.12±0.13	2.15±0.21	3.36±0.21	1.11±0.42*

Note: comparison of high, medium and low level groups, *P<0.01, the same below.

3.2.2 Analysis on the characteristics of life quality of the elderly in urban community

Table 2: Survey results of quality of life of the elderly (132 men, 148 women)

Sex	Physiological function	Physiological function	Bodily pain	General health	Vitality	Social function	Role-emotional	Mental health	Mean value of total score
Male	64.3±12.1	67.6±19.8	74.3±21.6	70.4±18.8	59.9±20.5	85.4±22.7	67.3±21.5	77.3±17.9	566.5±154
Female	63.3±15.3	62.8±31.3*	67.2±23.3*	70.9±18.7	57.5±21.4	83.2±21.3	61.3±18.7*	74.6±17.4	541.8±124*

Table 2 shows that the quality of life of the elderly men and women in urban communities in the three cities is relatively high. The average score was 566.5 for men and 541.8 for women. However, there was significant difference in the quality of life between men and women (P < 0.01). This difference is mainly caused by the differences in three dimensions: physiological function, physical pain and emotional function. There is no significant difference between men and women in the other five dimensions.

The survey results show that in terms of physiological function, because the elderly in urban communities are in old age, their physiological function is more general, and men and women are basically at the same level. Due to special physiological reasons, women have more troubles in life than men, as well as physical pain, which also has a great impact on their daily life. Therefore, there are significant differences between women and men in physiological functions and physical pain. In terms of overall health, men and women generally evaluate themselves, with scores of about 70. In terms of social function, the scores of men and women are the highest in the eight dimensions, 85.4 and 83.2 respectively, indicating that in addition to mastering scientific knowledge, the elderly are also eager to have good social relations, better social ability and social practice ability. The scores of emotional functions of men and women are low, and there are significant differences between men and women. It shows that emotional problems seriously affect their lives, and their emotions are not stable enough, while women are much more confused than men. The mental health scores of men and women are at the middle level, which shows that their subjective feelings and depression are general.

3.2.3 Relationship between sports investment and quality of life of the elderly in urban community

Table 3 Correlation analysis between quality of life and sports investment of the elderly (n = 280)

		Sports energy investment	Sports time investment	Sports emotional input	Sports money investment
Quality of life	r	0.743	0.806	0.079	0.721
	P	.000*	.000*	.565	.007*

The quality of life of the elderly in urban communities in the three cities is grouped according to their sports investment level (Table 3). The results show that there are significant differences in the quality of life of the elderly in groups with different levels of sports investment ($P < 0.01$), both men and women. Therefore, it can be considered that there is a close relationship between sports investment and quality of life. Overall, the higher the level of sports investment, the better the quality of life. This also confirms that moderate and regular physical activity can effectively reduce the risk factors of cardiovascular disease; Reduce the incidence rate of cerebrovascular disease, diabetes, metabolic syndrome, cancer, depression and other chronic diseases; Scientific research on reducing mortality from all causes^[5].

3.3 Analysis on the main factors affecting the sports participation of the elderly in urban community

3.3.1 insufficient attention to sports for the elderly in urban communities

With the increase of age, the functions of human body function and immune system will decline, and various diseases will appear. Then the sports of the elderly in urban community should play an important role. However, at present, Nanchang, Ganzhou, Jiujiang and other urban communities do not pay enough attention to elderly sports. Some urban campuses do not even have basic sports venues and communities. If they want to participate in sports, they have to go to other places, such as parks or squares. Some elderly people are persistent in sports and may go, but most of them think they will give up because their psychological idea is not to go too far, Being close to home and convenient is their simple demand. Therefore, it is difficult to have collective sports activities for the elderly in some urban communities.

And community organizations and superior organizations do not pay attention to the development of sports for the elderly, let alone hold some sports events for the elderly to enrich their sports life. Secondly, the backward level of economic development will also lead to difficulties in the development of sports for the elderly. Nanchang itself belongs to the second tier city. Ganzhou and Jiujiang are in this regard. The communities in some areas are still old urban areas. Therefore, when developing at that time, we considered the problem of housing and did not consider the problem of sports development. If we want to promote the development of community sports in these old urban areas, there are considerable difficulties, For example, a series of problems such as the reconstruction of old urban areas.

3.3.2 imbalance between supply and demand of urban community sports resources

Since the rise of national fitness to the national strategic level, the supply of community sports venues and facilities is still difficult to match the total demand of people. The research and investigation shows that there is still a significant gap between China's per capita sports venues and the developed countries in Europe and America. Even if the supply of community sports venues in the first tier cities is still insufficient, a series of contradictions caused by the imbalance between the supply and demand of sports resources still exist.

On the one hand, these problems are caused by the failure of the service system of community sports and the incomplete consideration of the problems. In sports, different sports need different sports venues, and it is difficult to reach a consensus between the supply and the needs of residents. On the other hand, the structure of sports space is disordered and unreasonable, which is also due to the fact that today's real estate developers pursue interests and seriously compress the sports planning space. There is a lack of sports space in the community. There are often contradictions and conflicts between the square dance aunt occupying basketball and other sports venues and basketball people. This kind of collective led sports project seriously occupies the sports space, and square dance in the community will also cause a series of contradictions, For example, too much noise affects others' rest, large demand for sports area affects others' sports space, etc., which are unreasonable in urban community sports space planning. Such large collective sports events are not considered before the design and planning, and large collective sports events such as square dance will affect the development of other community sports activities and cause unnecessary contradictions and conflicts.

3.3.3 Lack of social sports professionals in urban communities

Among the elderly in urban communities, most residents lack higher education and have little professional knowledge of sports. Therefore, in the process of physical exercise, they are more inclined to have professional people to provide professional guidance, help them master the correct exercise methods while helping them exercise, mobilize their enthusiasm of sports and attract their interest. In

the role of community sports staff, most of them are undertaken by the "best" among them. These "best" lack professional sports skills, knowledge and experience in addition to knowing a little more sports knowledge and higher social sports guidance enthusiasm than others. They are unable to give good guidance to the elderly in sports, resulting in a low and poor sense of experience, But after all, the reason is still due to the backward efficiency of community sports governance, the failure of service consciousness and governance system. The main body of community sports governance does not pay attention to the cultivation and introduction of community sports talents, which restricts the development of community sports.

The development of community sports in cities is ultimately closely related to the promotion of residents' sports health. When the spatial structure, venues and facilities and other resources of community sports are matched, the development of community sports is blocked and the governance efficiency is reduced due to the lack of sports professionals, which is a great pity.

3.3.4 unclear rights and responsibilities of urban community sports governance

Under the guidance of the government, community management forms a three-level administrative management system of District, street and residence. In the process of decentralization of political power, due to the coexistence of multiple departments and systems and the lack of supporting management system norms, there is a situation of unclear rights and responsibilities of community sports governance in the process of community sports management. The governance of urban community sports is a matter of CO governance and autonomy coordinated by multiple departments and multiple levels. Due to the lack of clear division of responsibilities, the governance of urban community sports has the current situation of unreasonable sports spatial structure planning and failure of governance system.

At the same time, the main governance departments at the grass-roots level are vague and selective in the process of interpreting and implementing sports related policies. From another perspective, they do not bring grass-roots sports governance into a general environment of social governance, and lack long-term planning and overall awareness. In the general pattern of the modernization of national governance system and governance ability, the modernization of sports governance system and governance ability is only a small part, but it plays an important role in the construction of sports power, and there is still a lot of room for development in today's governance practice.

3.3.5 insufficient participation of social forces in urban community sports

Community is an important area to carry out sports activities for the elderly. In the process of community sports development, if only the government and private sports enterprises participate, under the influence of government performance orientation and profit orientation of private enterprises, it will inevitably lead to the development trend of "de publicity" of community sports. Allowing sports foundations, mass sports organizations and sports associations to participate in the supply of community sports can make up for the shortcomings of the government in the supply, The government provides financial support and entrusts sports social organizations to undertake the task of producing community sports services. The interdependence and advantageous cooperation between the government and sports social organizations can help the government save supply costs and improve the quality of community sports supply, while sports social organizations can enjoy government policy preferences and various supports to expand their social impact^[6].

In the process, it is difficult to achieve the purpose of governance simply by relying on the governance of community organizations. With the improvement of residents' living standards, their demand for exercise is also growing. In this way, the funds required for community sports services will be larger and larger, which will also cause a great financial burden to the government. We can try to outsource community sports activities to professional activity organizations or institutions. In this way, while solving the planning of sports activities, there are professional talents to provide services, so we don't have to worry about the problem of service quality. It is a new trend of sports governance modernization in the new era to encourage and support social forces to participate in public sports services and realize the benign interaction between government governance and social autonomy^[7].

4. Conclusion

(1)The value connotation of sports participation of the elderly in urban community is reflected in three aspects: sufficiency and necessity, objective regularity and subjective initiative.

(2) There are significant gender differences in the level of sports investment of the elderly in urban communities in Nanchang, Jiujiang and Ganzhou. The level of sports energy investment, time investment and money investment of men is significantly higher than that of women, but there is no significant difference between the level of sports emotional investment and women; Among the eight dimensions of the quality of life of the elderly in urban community, the social function is the best and the emotional function is the worst. There are significant differences between men and women in three dimensions: physiological function, physiological function and emotional function; There is a close relationship between sports investment and quality of life. The higher the level of sports investment, the better the quality of life.

(3) The main factors affecting the sports participation of the elderly in urban communities are reflected in: insufficient attention to the sports of the elderly in urban communities, the imbalance between the supply and demand of sports resources in urban communities, the lack of social sports professionals in urban communities, the unclear rights and responsibilities of urban community sports governance, and the insufficient participation of social forces in urban community sports.

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