

Current Situation and Countermeasure Research of Square Dance in Nanchang City

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ABSTRACT. *In recent years, more and more people participate in square dancing in China, and square dancing is deeply loved by the masses, especially middle-aged and elderly women. Square dance spreads intensively and extensively in the name of fitness. In this paper, the participants of square dancing in Nanchang City were taken as the research object, and a total of 500 people from Nanchang city were selected to conduct the survey. The data collected were processed and studied by using the methods of literature, questionnaire and mathematical statistics, and the results were analyzed. Based on the investigation and analysis, this paper studies the existing problems and puts forward relevant opinions and suggestions to promote the better development of square dance and encourage the development of square dance activities. However, we should pay attention to and take timely measures to solve the problems arising in the course of its development, so that square dance can develop benignly, serve the masses. At the same time, to prevent its development from having adverse effects on other people in society. It provides useful suggestions for the development of square dance in Jiangxi Province and for scientific fitness.*

KEYWORDS: *Nanchang City; Square Dance; Current Situation; Countermeasure*

1. Analysis of the basic situation of people participating in square dance exercise in Nanchang City

1.1 Sex of the square dance exerciser

Table 1 Gender characteristics of participants participating in the square dance exercise (n=465)

gender	Number of people	percentage
male	75	16%
Female	390	84%

As shown in Table 1, the number of male participants in the middle-aged and elderly groups participating in the square dance movement in Nanchang City is 75, accounting for 16% of the total number; while the female participants in the square dance activities are 390, accounting for the ratio is 84% of the total number. The proportion of women who participated in square dance exercise was significantly higher than that of men.

1.2 Age characteristics of participants in square dance exercise

Table 2 Analysis of age characteristics of participants participating in square dance exercise (n=465)

age	Number of people	percentage
Under 44 years old	79	17%
45~59 years old	190	41%
60~70 years old	148	32%
Over 71 years old	48	10%

According to the data in Table 2, the exercisers participating in the square dance in Nanchang City are mainly distributed in the age of 45-59, accounting for 41% of the total number; followed by the exercisers between 60 and 70 years old, who account for the total number of people. 32%. It can be seen from the phenomenon reflected by the statistics that the exercisers participating in the square dance in Nanchang are basically middle-aged and elderly.

1.3 Participate in the square dance association of each county in Nanchang City

Table 3 Survey of the number of people participating in the square dance associations in counties and districts of Nanchang City (n=465)

	Number of people	percentage
participate	322	69.2%
not joining	143	30.7%

With the slogan of “National Fitness” becoming more and more loud, the square dance is not only a leisure and fitness activity for middle-aged and elderly people, but people gradually gather to participate in the Square Dance Association. The Nanchang Square Dance Sports Association was established in March 2017 with the approval of the Nanchang Civil Affairs Bureau and the Sports Bureau to discuss the development of square dance and various events. Nanchang County is also gradually establishing the Square Dance Sports Association. The development of the square dance tends to be specialized and scientific, and strives towards a more comprehensive and rich goal.

1.4 Types of Projects Participating in Square Dance Exercises

Table 4 Types of Projects Participating in Square Dance Exercise (n=465)

project	Number of people	percentage
Row dance	43	9.2%
Fitness Yangko drum	258	55.4%
Aerobics dance	465	100%
Cheongsam show	227	48.8%

Square dance is not a narrow dance style, but an art form with multiple dances. It has unique fitness and performance characteristics of “multiple people dance”, such as colorful and diverse styles, with many international fashions. The dance of the songs belongs to the Chinese folk dance art. It has already become a kind of square dance exercise. The aerobics dance includes aerobics, classical dance, folk dance, body dance, ballroom dance, shuffle dance, sailor dance, etc. It is the main form of square dance exercise; cheongsam is a part of Chinese excellent traditional culture, and it is the carrier of Chinese culture. It fully reflects the elegance of oriental women in design, highlighting the beautiful quality and charmingness of Chinese women with both ability and morality. Style.Wearing a cheongsam for physical posture and temperament cultivation has become a new type of exercise that is popular among square dance participants.

1.5 Participate in the Nanchang City Square Dance Referee Training Course

Table 5 Number of participants in the Nanchang City Square Dance Referee Training Course (n=465)

Referee level	Number of people	percentage
First level	10	2.1%
Secondary	15	3.2%
No	440	94.6%

I learned from the website of Jiangxi Province Square Dance Sports Association, In December 2017, the Jiangxi Province Square Dance Sports Association held the first training session for the first-level square dance referee. The province (Jiangxi Province) participated in nearly 200 people, and the number of participants in Nanchang City was nearly 60; from Nanchang Square Dance On the website of the Sports Association, it was learned that in April 2018, the Nanchang Square Dance Sports Association held the first training course for the second square dance of square dance. The number of participants in Nanchang City (districts and counties) was nearly 240. The participants in the training were mainly Nanchang. The city's social sports instructors, square dance team leaders, coaches and square fitness dance enthusiasts.

2. Analysis of behavioral characteristics of participants in square dance exercise in Nanchang City

2.1 Analysis of the time of participants in the square dance exercise

Table 6 Time analysis of participants in the square dance exercise (n=465)

Time selection	Number of people	percentage
in the morning	183	39.3%
in the afternoon	92	19.7%
at night	190	40.8%

Through statistical analysis of the activity time of participants in the square dance exercisers in Nanchang, Table 5 shows that morning and evening are the main time periods of the square dance exercisers.

2.2 Frequency analysis of participants in square dance exercisers

Table 7 Frequency analysis of participants participating in square dance exercise (n=465)

frequency	Number of people	percentage
uncertain	86	18.4%
1-2 times	43	9.2%
3-4 times	167	35.9%
5 or more times	169	36.3%

According to the data obtained in Table 7, the exercise frequency of the exercisers participating in the square dance is higher, and the number of people who perform the square dance activity times more than three times is more. The square dance practice has more aspects on form, posture and health. High requirements, often added to practice is a good physical exercise, improve the coordination of the human body, enhance the muscle groups in various parts of the body, and increase the bone density of the bones, with a very active bodybuilding.

2.3 Analysis of Motivation of Participating in Square Dance Exercisers (Multiple Choice)

Table 8 Analysis of motivations of participants in square dance exercise (n=465)

factor	Frequency	percentage
Physical fitness	382	82.1%
prevent disease	396	85.1%
Interpersonal communication	214	46%

Love	311	66.8%
Kill time	338	72.6%
other	118	25.3%

Most of the middle-aged and elderly people are retirees, and their leisure time is more abundant, so the proportion is also higher.

3. Nanchang City Square Dancers Participate in the Status of Events and Activities

3.1 Participate in the level of the square dance exercise

Table 9 Analysis of the level of participation in the square dance exercise (n=465)

level	Number of people	percentage
National competition	23	4.9%
Provincial competition	76	16.3%
Municipal competition	268	57.6%
District/county competition	342	73.5%
Did not participate in the competition	57	12.2%

By investigating the level analysis of the square dance exercisers, the number of people who participated in the city-level and district/county-level competitions was the highest. The development of square dances gathered from the crowds, exercised, and spent leisure time has entered a new stage. The fun and competitive competition is constantly evolving, which makes people get more happiness than the square dance itself.

3.2 Frequency of square dance exercisers and dancers

Table 10 Square dance exercisers and dancers travel frequency (n=465)

frequency	Number of people	percentage
Once a year	209	44.9%
Two to three times a year	217	46.6%
No	39	8.3%

The long practice of square dance has made many dancers friends, and organizing travel activities privately or jointly has become one of the hobby of square dance exercisers, enriching their spare time.

4. Conclusions and recommendations

4.1 Conclusion

Nanchang City square dance exercisers are mostly women; the age of the exercisers is mainly concentrated between 45-65 years old; with the establishment of the square dance associations of various counties, the number of participants in the square dance association is more, the exercisers Under the organization of the association, you can learn about various information, exchange various square dances, participate in various activities and competitions. At present, Nanchang has only held one referee study. Many middle-aged and elderly people who exercise square dance lack systematic systematic practice. The method, followed by more and more square dance events, requires more professional square dance referees to judge.

Nanchang City square dance exercisers' main fitness methods are aerobics dance, fitness Yangko drums, cheongsam show, row dance exercise crowd relatively small; Nanchang square dance exercisers participate in referee training. The exercise time of Nanchang Square Dance Exercisers is mainly in the morning and evening. The number of exercise times per week is more than three times and more than five times. The frequency of exercise is high. The motivation for participation is mainly in preventing diseases, strengthening the body, killing time, loving, The need for interpersonal communication.

4.2 Recommendations

The National Social Sports Guidance Center confirmed the promulgation of the "Plaza Dance Competition Rules" in September 2017. It is the normative document of the Chinese square dance competition, providing reference for scientific dance and improving the technical level for the square dance enthusiasts; Coaches and athletes provide training and execution standards; provide judges with accurate and notarized rulings. Therefore, it is necessary to strengthen the guidance and training popularization, so that more exercisers can learn scientific exercise ideas, methods, and participate in rules.

Nanchang Square Dance Sports Association can innovate and build a platform for square dance exercisers to meet the functions of fitness, entertainment and leisure. The association adopts the concept of "going out and introducing" and exhibits in square dance + interactive communication + tourism In the form of events, the square dance's positive and healthy lifestyle is pushed to a new level.

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