

Research on the practice and thinking of leisure culture education for the elderly in the community

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Abstract: Leisure is an important component of cultural view and values. Leisure culture education for the elderly is a major livelihood issue and a social problem. The author believes that our education on leisure culture for older people should be focused on inheriting traditional forms of leisure, such as flower tea, keeping birds as pets, enjoying good food, and engaging in fishing, as well as activities like reading books, playing chess, writing poems, practicing calligraphy, and promoting the usage of special voluntary services, society for tourism, old university or online learning communities, and understanding new ways of pension involving AI technology. According to the conclusions and thoughts drawn from the practice of the elderly in the community, the government supports the development of the elderly in policy fund organization; the residents have great potential to accept leisure culture; the community workers have strong working ability and enthusiasm; the facilities of the community leisure activities need to be improved; the development of community leisure culture education lacks systematic planning; the quality of residents' leisure culture awareness needs to be improved; the teaching ability of the leisure activities is poor, rely on other social organizations or external teachers or instructors; and the content of cultural activities needs to be enriched.

Keywords: Leisure culture; consciousness of community; theory that man is an integral part of nature; network; culture

1. Introduction

According to data released by the National Bureau of Statistics, by the end of 2019, the number of elderly people aged 60 and above in China reached 254 million, accounting for 18.1 percent of the total population, and the elderly population aged 65 and above reached 176 million, accounting for 12.6 percent of the total population. According to the budget of China Population and Employment Statistical Yearbook, when the Plan of Fourteenth Plan is completed in 2025, there will exceed 210 million of people aged 65 years and over, accounting for about 15% of the total population; by 2050, it is "aging" faster than France and Sweden and other major developed countries. Moreover, the current Chinese family population is small, core and aging, so that the social pension mode should also change, and the self-leisure culture education of the elderly must also be strengthened.

2. Leisure culture brief description

"People rest on the wood." Leisure includes "time for individual education, time for developing intelligence, time for performing social functions, time for social activities, time for the free use of physical and intellectual energy" [1]. Leisure is not only a way of life but also a form of human culture, possessing a positive humanistic spirit power for the development process of society. "The idea of the unity of man and nature is the greatest contribution of Chinese culture to the world culture... 'Heaven' refers to the situation in which each person is in, and 'man' refers to his own mental virtue... and because people have the intelligent ability of self-awareness, self-reflection and self-correction, people can achieve the purpose of time and space (world) by changing themselves, which is the unity of man and nature". [2] The elderly who rarely work for life more to rest can integrate with nature and create another life value. In the old China, the leisure culture of the literati and literati related to natural philosophy, personality cultivation, aesthetic taste, culture and art, and health preservation is indeed extensive and profound, which is difficult to express. The traditional leisure culture advocates the state of "meditation and leisure", which can accommodate the movements and be clear. Even in health activities, it is also a leisurely picking in the east hedge, wandering landscape, poetry, wine, piano and painting, free, comfortable and comfortable harmony, the pursuit of the unity of nature and man and the ideal life state

of poetry and painting. In addition to housework, the elderly nowadays often spend their leisure time by participating in community cultural activities, traveling together, drinking tea and chatting with them, or playing chess and cards. On the other hand, the western elderly can improve their reading, enjoy art appreciation, travel or learn new skills. For example, most of the American elderly have to work until they are around the age of 70 before retiring, and they participate in church volunteer activities or church services. In France, the elderly tend to participate in "leisure and cultural" associations, whereas younger individuals prefer to join religious associations. Additionally, individuals over 60 show a greater interest in charity, humanitarian, and social action associations compared to those under 60. This interest can also extend to online activities and sports.

3. Leisure and culture education for the elderly

Education is to cultivate timely "three views", which is one of the functions of society and school to undertake morality, science, technology, knowledge, improve spiritual realm and cultivation, and transmission and creation of human civilization.

Leisure life "not only reflects the values of a national culture, but also reflects the values of different times of culture..... Established our way of life, consumption and even the mode of production."^[4] We elderly can maintain a good state in physical, psychological, intellectual, social and economic leisure life, and can timely and appropriately play the "waste heat" to reduce the burden for the family society, then we can realize the social "healthy aging". Reflect the social value and self-happiness of the elderly.

With the evolution of social and cultural values and the miniaturization and aging of families, appropriate leisure culture education and guidance for the elderly with gradually declining cognitive ability and sufficient free time can improve the quality of leisure life of the elderly and contribute to the stability and development of the society.

3.1. Contents of leisure culture education for the elderly

3.1.1. Change and renewal of thought and understanding

China's "aging" family endowment concept is profound; however, urbanization, industrialization, and the changing marriage and family concepts of the younger generation have altered intergenerational relationships within families. This change is not only evident in terms of economic support and caregiving but also in the dilution of emotional connections. Consequently, the traditional model of relying heavily on family for support in old age is being challenged, emphasizing the need for older people to seek spiritual comfort and rely more on social groups and society as a whole. On the other hand, due to the influence of the Confucian Buddhist culture of "50 know the destiny, 60 ears, 70 and not exceed the rules" Taoist "to the virtual extreme, keep static and honest", Chinese leisure has static characteristics, especially for the elderly from The Times, there is the possibility to seek quiet near the sound of nature and avoid human language. This needs to guide them to go out of the house, into the group, and integrate into the society, so as to obtain more material and spiritual enjoyment and fun of life.

3.1.2. Traditional leisure, the inheritance of ways

Quiet to cultivate one's morality, thrifty to raise morality, heaven and earth wide, free by me. The music of a family, and it is a very good technique. The music, the music and music is very interesting. These leisure ways all reflect the wisdom and culture of the Chinese nation, which should be upheld.

3.1.3. Promotion of new leisure methods

Despite the constraints of old age, I still find light in my life. To regain skills to serve the society is to benefit the country and the people. Online learning is also keeping pace with The Times. All these can maintain self-esteem and be respected, weaken self-separation from society, or be discriminated against by society and reflect the "sunset value".

3.2. Leisure culture and education path for the elderly

3.2.1. Construction of community public life field

Compared with the field of private life, the field of public life "is an open and shared field related to the survival and development of a certain social community" [5] It has objectivity, universality and

sharing. It needs to be created beyond the status quo. In this field, the consciousness of seeking consensus, activity types, and the design concept focus on finding common ground while preserving differences among people. People jointly build and maintain the public domain, which is one of the foundations of realizing leisure culture education. Such as sorting out the community ecological environment, public activity field center or park green space establishment and management.

3.2.2. Formation of a community consortium

"A consortium is temporarily formed by individuals to achieve a certain purpose or for a certain task to be completed. Individuals can choose from them and can live in different consortia at the same time." [6] Consortium is voluntary, selective, mutual and sharing. In today's aging urbanization but shrinking family society is relatively open, there are many signs of their neighbors. Therefore, the independent and lonely old people are infected in the small group of neighbors and villagers, and spend leisure time, comfortable and full. For instance, the establishment of community culture and art troupes, community leisure associations, chess and card associations, song and dance associations, sports associations, etiquette associations, tourism associations, and network broadcast associations serves as a means of facilitating social interaction and providing individuals with an alternative method of socialization.

3.2.3. Elegant, leisure culture appreciation

The community organizes the elderly and sports and sports teams to enter the community; the students' art performances in the health community; the social sports team events to enter the community to allow the elderly to accept the elegant culture and culture.

3.2.4. Follow-up of network culture

Today, we are living in the objective reality of the society and the network era. The chairman of the Internet said, "I think the Internet is the greatest initiative in the history of mankind. The explosive development of the Internet in recent years has had a huge impact on every aspect of our lives." [7] The development of network culture has created to create a virtual, personalized, selective and global network lifestyle for us, virtual library (museum), virtual games, virtual tourism, virtual shopping, virtual community..... Thus, it forms a virtual way of existence that is real beyond our traditional imagination. It is also a new type of revolutionary leisure and cultural life for the elderly. The new type requires learning and adaptation; the revolutionary one requires acceptance, so as to synchronize with The Times and integrate with the society.

3.3. Methods of leisure culture education for the elderly

3.3.1. Knowledge lecture

The community culture lecture hall offers a wide range of legal lectures, including topics such as the "Law on the Protection of the Legal Rights of the Elderly," the "Law on the Protection of Women's Rights and Interests in China," and the "Law on the Protection of Minors." Additionally, the lecture hall also provides sessions on food therapy and health, elderly health care knowledge, mental health for the elderly, health massage techniques, lectures on elderly science, artificial intelligence technology (AI), and current affairs discussions.

3.3.2. Ability training

We organize various activities in sports, chess, painting and calligraphy, dance, speech etiquette, handicrafts, and pottery practice. These training courses can be carried out freely and independently, with external teacher teaching, organizational network learning and other forms.

3.3.3. Publicity and performance

Make publicity wall do publicity board print brochures, timely appropriate to create policies and regulations, cultural education, community current affairs learning publicity atmosphere.

3.3.4. The establishment of social management and association autonomy

Under the leadership of various functional departments of the government, the community leisure autonomous association manages the community public domain and leisure activities, and coordinates the internal and external contacts, so as to change and grow in the autonomy.

3.3.5. Community activities combine education and fun

We organize teaching activities in our beautiful community and encourage self-activities. You can

spend your time in a friendly and relaxed atmosphere.

3.3.6. Play to the role of community volunteer associations

By the strong enthusiasm, sense of responsibility and cultural accomplishment and even skills and relatively "young and strong" retired elderly, formed a volunteer association. Internally, I visited and helped neighbors, participated in community management, and assisted "Story grandma" in the picture library and children's hospital or in the protection of environmental cultural relics. In this way, culture is transmitted to improve themselves, and it produces explicit and invisible intergenerational compensatory effect in the community and society."As the subject status of the intergenerational relationship is gradually equal, the interaction, reciprocity and exchange between the generations can further improve the satisfaction of the elderly with life..."[8] Or "the establishment of corridor home care service station each service station can obtain a certain amount of public funds every year, for the elderly with common interests to form a team to use"[9]

3.3.7. Use of modern Internet learning and communication

You can try to learn a variety of knowledge and skills under the leadership of the community, and learn online transaction consumption. The organization of network broadcast aims to spread the cultural information and related activities of the elderly in various communities, strengthen the understanding and communication among communities, enhance information exchange and emotional communication, and even form a multi-community virtual group to spend leisure time together. For the retired people with considerable culture or management level, they can also learn to "re-employment" and "re-service" through the network culture as the platform. In addition, we should properly understand the cutting-edge knowledge such as AI AI, look forward to the possible future life, and prepare for the possible new round of cultural impact. Such establishment will also make people's twilight online lifestyle.

4. The practice of leisure culture and education for the elderly

Our Longquanyi Volleyball Association, as one of the social organizations, has carried out leisure culture teaching and activities for the elderly in various communities in recent years.

4.1. Organize leisure and cultural activities for the elderly in the community

For instance, we participated in the "Senior Group" gas volleyball competition at the 2017 Chengdu National Fitness Games. In the same year, we organized the Longquanyi District Old Sports Association gas volleyball training session and the "Welcome New Year's Day" fun games in various township communities within the district. Additionally, we held traditional festival and folk activities in Baosheng Village, Luoai Town in 2018. In 2019, we organized the "Fruit and Vegetable Picking Festival" for the elderly and conducted legal lectures in Loess Town for both the people and the community. Moreover, in 2020, we organized a collective birthday celebration for the elderly in Xihe Town.

4.2. Apply for the government's Urban and Rural Community Development and Governance Project and Community Public Service Project

For example, in 2017, the Chengdu Longquanyi District Civil Affairs Bureau initiated the urban and rural community sustainable overall construction project. In the process of urbanization, Hakka folk fitness activities took place in Luoai Town. Additionally, in 2018-19, several community public service projects were implemented in Luodai Town, Longquanyi District. These projects included Hakka traditional festival and folk custom activities, the construction of a volunteer system team, and community juvenile education and training. Furthermore, in 2018-19, the Bajiao Jing Community in Luodai Town also carried out a public service project, focusing on community development and the construction of an interest team.

4.3. Community leisure and cultural activities case list- -Loess Town people and the community "mutual aid for the elderly 'industrious and thrifty practice warm this life'"

● Two major themes of the project

Handmade supplies —— Works or work

We will use paper, cloth, thread, mud and other easy to obtain and easy supplies as well as some old

"waste" (cans, old newspapers, waste paper boxes, waste bottles, etc., together with the neighborhood teachers, and give full play to their imagination, creativity, hands-on ability, to make available, available objects.

Handmade noodles —— delicious delicious

We will use various kinds of flour to demonstrate various practices of food, ask residents to try to make their own food at home, and bring it to the classroom to show the tasting and evaluation, so as to exchange mutual learning and improve.

During the activity, I learned a set of workshop exercises, with the combination of dynamic and static, body and brain, body and intelligence, and leisure.

● Activity incentives

In the usual activity practice site, we will do appropriate shooting and editing into video data display, which is not only a teaching supplement but also a way of encouragement.

In addition, we also give small prizes according to the attendance of the participants, as one of the means to mobilize their enthusiasm to participate in the theme activities.

At the appropriate time, we also carried out small works competition activities among the workshop members, small works display, set up a "glory wall" to praise the winner on the wall, and set up certain awards to encourage everyone to learn and produce enthusiasm, so that everyone is willing to participate, willing to participate, and actively participate.

At the traditional festival party, you will be asked to bring homemade pasta snacks for you to taste and learn, and we will give you a little reward.

● The expected effect of the project service

Through the themed activities of the project, we aim to enrich the leisure life, preserve our traditional ideas and skills, and enable residents to experience the harmony within the community, thereby enhancing their cultural literacy and overall health. These activities add a cultural vibrancy to our people and the community, showcasing the true charm of our civilized community. Our goal is to guide and encourage all residents of Loess Town to embrace a "future city, future life" vision under the guidance of the government.

5. Thinking on the leisure culture education of the elderly in the community

"Geriatric leisure has evolved from the simple pursuit of a long and healthy life to a study of the value of geriatric life. It has transitioned from studying the concept of "being alone" to exploring ways to stay connected with society. The focus has shifted from detached social dynamics to an emphasis on social responsibility. Furthermore, the study has expanded beyond geriatric education to encompass lifelong education. It is evident that there is still a disciplinary void in this field within China." [10]

After the organization and teaching of community leisure activities in recent years, we have the following conclusions and thoughts:

In terms of the organization of policy funds; the residents have great potential to accept leisure culture; the community workers have strong ability to organize work and enthusiasm; the facilities of the community leisure activities; the development of community leisure culture education lacks systematic planning; the residents' awareness of leisure quality; the community has poor teaching ability of leisure activities, relying on other social organizations or external teachers or instructors; the cultural activities need to be diversified and modernized.

6. Conclusions

Under the general trend of global social urbanization and aging, paying attention to the elderly life and strengthening the construction of leisure culture for the elderly are directly or indirectly related to the quality of life of everyone. Therefore, it is our social.

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