

Problems and Solutions in the Development of Folk Sports Culture around Poyang Lake from the Perspective of Ecology

Wentao Zhang*, Siyu Yuan

Physical Education College of Jiangxi Normal University, Nanchang 330022, China

E-mail: wentaozhang1978@163.com

*Corresponding Author

Abstract: By using the methods of literature, Field Investigation and logical analysis, this paper studies the problems in the development of folk sports culture around Poyang Lake from the perspective of ecology. It is found that the development of folk sports culture around Poyang Lake exists: not enough attention is paid to folk sports culture, and excessive fanaticism to western culture; Pay too much attention to the economy, ignore its own value; The development of The Times has an impact on folk sports; Lack of folk sports successor and other problems. Folk sports around Poyang Lake should be guided correctly and consciousness should be raised. Fully excavate the existing folk culture, create folk sports circle; Highlight characteristics, choose different development paths; Maintain local characteristics and bring forth the new rationally.

Keywords: Around Poyang Lake, Folk sports culture, The ecological perspective

1. Introduction

Poyang Lake, the largest freshwater lake in China, has passed through the changes in thousands of years of history, leaving rich folk customs and traditional sports culture. On the one hand, with the development and innovation of social economy, coupled with the emergence of diversified sports cultural art, some traditional folk cultures are faced with great challenge of survival[1-3], people are no longer met only with the satisfaction brought by traditional sports culture, instead, they pursue more novel and exciting sports project. A lot of folk sports project has been lost over time, only those that remain face huge challenges, for inheritance and protection of folk sports in Poyang Lake severe requirements are put forward. On the other hand, with the sustainable development and achievement of great economy, we can not ignore the regional cultural construction. Folk sports culture, as a part of the regional cultural construction, has played an inestimable role in the development of Jiangxi. It is higher requirements that have put forward to protect and carry forward the folk traditional sports culture.

2. The concept of the development of folk sports culture around Poyang Lake from the perspective of ecology

2.1 Reasonable layout and overall consideration

Folk sports must be adapted to local conditions. To talk about Jiangxi, Ganjiang River and Poyang Lake Plain are the main areas. The central Jiangxi and Jiangxi regions are rich in water resources, so the dragon boat race is quite popular. In Poyang Lake region, people living along the lake will hold the dragon boat race on the annual Dragon Boat Festival, called "Hui Dragon Boat Festival", which is the biggest traditional rally in the region, called "Hero's Meeting". The rowers practice their trial rowing from the first day of May to the fourth day of May, commonly known as "trial rowing". The fifth day of May is called "Skipping Day", which is the day when the boat race will hold. In the afternoon of the Dragon Boat Festival, after the boats gathered, the dragon boat race will begin before people come to the temple, burn candles, set off firecrackers, pray to the gods bless, which is called "worship society". Up to now, the villagers along the coast of Jiujiang and Poyang have been fond of this spontaneous dragon boat race. The traditional "regatta" has been maintained for hundreds of years, but now the superstitious practice of regatta is rarely seen and the scene of celebration and entertainment that can be seen more common, reflecting the mood of villages who are eager to live in well-off[4]. " Jiujiang Fu

Zhi ", describes people watching the ferry, said: " Dragon Boat Festival in May, people go to the riverbank to watch the ferry, there are as many as dozens of dragon boats, there are also many people on the shore". It can be seen that the dragon boat race is not only an entertainment for the competitors, but also for the spectators Kites, Nuo Dance and Double Ninth Hillclimbing in the Central South of Jiangxi; Northern Jiangxi in the river the lake will dragon boat; Southern Jiangxi Province will hold the most local characteristics activities like walking on stilts and playing the role of dragon and lion, and they are closely related to the geographical environment[5].

2.2 With the help of external force and innovative

The development of folk sports is not enough to rely only on inheritance, but also needs everyone to carry on the excellent national traditional culture. Through the development of tourism, "introduction" and "going out" will be folk sports processing and packaging, fully listen to the views and needs of tourists. On the basis of ensuring the integrity of folk sports culture, modern science and technology are integrated. It will be folk sports processing, spreading the packaged, promoting to the world. The government and local departments should take good publicity measures to promote the economy and promote our local excellent folk culture.

2.3 Highlight local , innovative development

Local feeling is the foundation of the development of folk sports. We should combine the local actual situation, base ourselves on the needs of farmers, take measures according to local conditions and carry forward the spirit of hard struggle. Taking measures according to local conditions means incorporating local folklore into sports. Take Poyang Lake as an example. In February every year, the Poyang Lake Square is full of passion and people are jubilant. Poyang County "Dragon Dance Lake City" Lantern Festival street activities are held here. Wanzai Nuo Dance began in the northwest area of Ganzhou, used in sacrificial activities. The purpose of it is eliminating disasters and promoting happiness, and seeking refuge and prosperity. Ancient people firmly believed that Wanzai Nuo Dance could make people live a long and healthy life. Since then, it has become a unique folk sports culture in Jiangxi. Its mask color has red, black, white, green and other colors, also different colors can be divided into different types, which are diversity. In the dress with red and green collocation, above accompanied by different patterns, pleasing to the eye. Ganzhou has many hills and ravines, the ground is cloudy and wet, people walk mostly leaning forward, so Nuo dance also has this feature. Since the 40th anniversary of Reform and Opening-up, under the organization of the state and relevant departments and the active participation of farmers, the folk culture is permeating with sports culture, and the farmers celebrate the fruitful achievements which they have made in various ways[6].

2.4 Raise awareness and pass on youth

Youth is the main successor of folk traditional sports and the main builder of carrying forward and inheriting folk sports. To strengthen the inheritance of folk sports in the youth, we need to start from two aspects: first, in the aspect of student education, schools should introduce folk sports projects, which leads more students can participate in them and experience the funny sports activities. Only if you are interested in one or more projects, will more people participate in them; second, the government in order to increase the economic development and funding of folk sports projects. The youth are the main source of family economy. If the folk sports can bring some economic income on the basis of protection, more and more young people will be devoted into it, inheriting and carrying forward the excellent traditional Chinese sports culture.

3. The plight of the development of folk sports culture around Poyang Lake from the perspective of ecology

3.1 Don't have enough attention to folk sports culture and excessive fanaticism to western culture

Due to the innovation of the world cultural system caused by the pattern of global integration, western culture has swept and driven into China rapidly, while the local folk sports culture of China has been gradually ignored[7]. The first time was in the late Qing Dynasty, under the influence of foreign invaders, a lot of western culture was brought into China; The second was after the cultural revolution, China adopted a policy of Opening-up. Although we took the essence and discarded the dross to a

certain extent, we didn't learn western peculiar folk sports culture, so our country's folk sports were snubbed. Until now, there are still a lot of young people enjoyed the pursuit of western the NBA, the football World Cup, taekwondo, boxing, yet folk sports of our country, such as: ring of Poyang Lake dragon dance, lion dance culture; Dragon boat racing, Nuo Dance and so on, is rarely known. Young people do not understand this, which makes it difficult to inherit and develop folk sports.

3.2 Take too much attention to the economy and ignore its own value

The inheritance and development of folk sports culture are protected by the state to a certain extent. By developing tourism to link Poyang Lake will be inherited and carried forward the folk sports, the Ring Dragon, Nuo Dance and so on, which is folk sports in Poyang Lake region, attracting tourists learning and bring certain economic benefits at the same time, promoting the development of the region. This situation, to a certain extent, promoted the development of folk sports culture, but also brought many negative effects. With the improvement of the audience's aesthetic level, some projects have changed to different degrees in order to meet the needs of the audience, which makes the original unique folk sports changed beyond recognition. This kind of behavior only pays attention to economy but neglects the value of folk sports itself, accelerating the loss of the original ecological folk sports around Poyang Lake.

3.3 The development of age has an impact on folk sports

Folk custom is originally the demand and creation of human instinct, through the constant innovation and creation, that become our own needs of new folklore. It is the crystallization of human wisdom, the embodiment of human creativity, imagination and cultural diversity. With the acceleration of industrialization and urbanization, the space for the development of Jiangxi folk sports has become more and more narrow. The original living environment of folk sports has changed, which leads to its development blocked. Some of the projects are going to perish and have meet unprecedented challenges in the aspects of survival and development[8]. This requires the folk sports culture to carry on the timely variation, advance with age, and build the folk sports culture survival and development of the sports circle.

3.4 Lack of successors to folk sports

Folk sports is the inheritance of culture and the key to cultural inheritance relies on the needs for successors and promoters. But for now, many young people pay more attention to keep pace with The Times of the new trend, they are lack of certain cognitive for the traditional folk sports project, and not aware of the importance of folk sports activities. Even there are a lot of people don't know what is folk sports and how many folk sports projects are there, it is affecting the effects of folk sports culture inheritance, and causing many problems of folk sports culture inheritance and protection. In fact, culture and skills, through promotion and learning, can be better developed. Therefore, it is necessary to have successors to realize the development of folk sports culture.

4. Analysis on the development path of folk sports culture around Poyang Lake

4.1 Guide correctly and raise awareness

As for folk sports culture, most people's understanding and understanding of it are not deep and comprehensive enough. Most people will interpret folk sports from the original historical and cultural background, but ignoring the connection of economic, political, religious and other backgrounds on which folk sports depend for its survival, which may lead to its incomplete understanding in the original cultural system[9]. The country should take various measures to guide correctly and raise awareness. Jiujiang will try to add folk sports culture to the classroom to let students choose their favorite projects to study. The school will provide the necessary site and teacher team construction. This kind of implementation measure can not only inherit and carry forward national sports culture, but also promote the employment of relevant special teachers and relieve the employment pressure. But for now, the investment of government is not enough and the venue funding problems also need the social from all works of life together to help. The lack of professional teacher team, equipment, and relevant government departments should actively mobilize the social people from all works of life into one,

which should strengthen participants' understanding and the understanding of folk culture and encourage participants in various forms to attract more people into the folk sports.

4.2 Excavate existing folk culture fully and create folk sports activity circle

In 1953, the Party Leading Group of the Central Sports Commission issued the Report on Strengthening the Work of People's Sports and Sports, which pointed out that it was necessary to "start to study and sort out ethnic forms of sports". At present, there are as many as one hundred kinds of folk sports around Poyang Lake, such as dragon boat race, dragon dance, Nuo dance and martial arts as well as lion dance, kylin dance, swinging, walking on stilts, gyro, climbing, circus and so on. Due to the fact that rural areas attached great importance to traditional Chinese festivals, leading it has created opportunities for the development of folk sports, so we should fully explore the existing folk sports culture, inherit and carry forward it, such as hold traditional folk sports culture exchanges, and form folk sports activity circles. Because each place has different folk sports cultural activity, so we can take the township as the holding point and regularly hold the folk sports competition between the township. This can not only carry out different folk culture communicates, but also enhance farmers' innovation consciousness, also it can make folk culture become rich and colorful, full of vitality and vitality.

4.3 Highlight characteristics and choose different development paths

Due to the impact of western culture, many excellent folk sports culture has been gradually forgotten in the long history. In recent years, the government has paid many attentions to the development of folk sports culture, but the effect is not great. Folk sports should be inherited and developed from different aspects according to different regions, cultural subjects and forms of expression. Folk culture tourism can promote the economic growth of farmers and join the foreign tourist culture at the same time. It is suggested that we should follow the national development policy, implement the policy of "bring in" and "go out", and encourage young people to join it, which can enrich the existing traditional folk culture and take the road of sustainable development.

4.4 Maintain local characteristics and bring forth the new rationally

Because of the different geographical environment, the forms of folk sports are also different[10]. As Jiujiang is located at the convergence of many rivers, there are many dragon boat projects held in Jiujiang and other cities around Poyang Lake. With the continuous enrichment of sports, kayaking has also been introduced in it. For Ganzhou area, Nuo dance is very popular which mainly uses for major celebrations such as sacrifice, praying for good weather and good harvests. As is known to us, Jingdezhen is a famous porcelain capital, and its ceramic culture is colorful. Hence, we should not be single and combine with various cultures in the development of sports culture. In 2008 Beijing Olympic Games, ceramic culture and sports culture were combined, more than 70 kinds of ceramic styles were displayed in the opening ceremony. It shows a rich and colorful image of a big sports country. Traditional sports folk culture is the precious wealth retained by the Chinese nation, we should take the essence and discard the dross, integrate the modern excellent culture, keep pace with age, bring forth the new, so that it can not only meet the people's growing spiritual and cultural needs, but also retain the essence of folk sports, eventually, it will be passed down from generation to generation.

5. Conclusion

Sports ought to return to nature, and folk sports should be more like this. To build an ecological civilization society, folk ecological sports is an indispensable part. When we face the impact of western culture, we must highlight the local characteristics while absorbing and drawing lessons from others. Attention should be paid to the strength of development and innovation while paying attention to the economy, and the new modern technology should be integrated into the original characteristics to make the folk sports more colorful.

Folk sports projects have a long history in China and play a vital role in traditional culture. In collisions with major informatization challenges and ensure the inheritance of folk sports and continuity, we must tease the existing of folk sports projects and analysis different projects thoroughly which faced with challenges. The government increases investment and the strength of the guide, which leads people's awareness to improve the protection of traditional culture, highlights the regional

characteristics, innovates reasonably, and promotes the sustainable development of folk sports in Poyang Lake jointly.

Acknowledgement

Funding: This work was supported by the College Social Sciences Foundation of Jiangxi Province (TY162002).

References

- [1] Ruan Yongfu , Wang Houmin , Zheng Xingchao .*Dilemma and countermeasure of rural sports development in new countryside construction*[J].Anhui Agricultural University, 2014.
- [2] Xi Fenglan, Gao Zhongling , Du Zhijuan. *Research on Chinese Rural Sports Culture under the Background of Ecological Civilization* [M].Xi 'an: Xi 'an Jiaotong University Press, 2017.
- [3] Zhang Jialin. *Investigation and research on folk sports culture in the area around Poyang Lake*[D]. Beijing Sport University , 2011.
- [4] He Xuejun. *Variation of folklore and the standpoint of folklorist*[J]. *Ethnic studies in northwest China*, 2003(3):117-121.
- [5] Qin Qin,Yang Xiaotin. *The Sports Origin and Development of Nanfeng Nuo Dance*[J]. *Journal of Nanchang University (Humanities and Social Sciences Edition)*,2009,40(04):142-145.
- [6] Ma Liang, Li Dan. *Brief talk about the inheritance and protection of folk sports culture*[J]. *Out-of-school education in China*, 2018(36):11-12
- [7] Wang Tiexin, Chang Naijun .*A Survey of Folk Sports in China*[J].*Sports Culture Guide*, 2009, 10.
- [8] Liu Jianmin, Cheng Xuemei , Wang Jianzhong .*On the Development of Folk Sports Culture under the Background of New Rural Construction*[J].*Agricultural Archaeology*, 2011(3):406-408.
- [9] Zhao Suzhe. *The classification and development of national traditional sports*[J].*Journal of Physical Education*, 2007:79-80.
- [10] Tang Zhiming. *Research on the Inheritance and Development of Folk Sports under the Background of Regional Traditional Culture*[J]. *Journal of Nanjing Institute of Physical Education*, 2011.