

A study on the Sports Life style of Urban Land-lost Peasants

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Abstract: with the increasing urbanization rate, the importance of the concept of sports is self-evident for the urban population, but sports is not important for farmers who have lost their land. The main reason is divided into the following points: first of all, they do not have too much understanding of the concept of sports, very few people take the initiative to exercise; secondly, there are no suitable and supporting sports facilities and formal sports venues in rural areas; finally, from the national system level, there is no perfect sports system, and the relevant policy support is very few. In the face of this situation, it is proposed that we should consider and co-ordinate from these three aspects.

1. Introduction

Under the trend of increasing urbanization rate, land-dependent farmers and land fragmentation have become a common phenomenon. Although their economic level has been improved with the help of policy, this way of helping our country can breathe from the predicament of dual economy. However, the separation of land and farmers is very fast, and farmers who live on planting methods have gradually lost their most important resources. Coupled with dependence on land and lack of their own skills and culture, they often fail to fully integrate into high-rise buildings when they go to the city to make a living. The reason is mainly due to the cultural level and living habits. As far as they are concerned, they are different from the urban population. Especially in the aspect of sports culture, they can not understand. Throughout history, rural areas and sports have little to do with each other, because they are not the masters of the economy, and most of the sports have come from the leisure play of aristocrats since ancient times. Working is the first priority of farmers, and sports are incomprehensible to them. But in the process of urbanization, they are separated from the land and can not find a sense of belonging in the city, which makes them not have much leisure and entertainment after work. So they spend their leisure time and effort on betting or chess of all kinds. It's on the card. This is a contradictory motivating point, which often brings great disharmony and instability to the families of this kind of people. Therefore, for such a situation, this paper hopes to improve the sports culture awareness of landless farmers, so as to achieve the purpose of maintaining social stability and protecting their rights and interests.

2. Landless Peasants and Sports Cognition in the process of urbanization

The land-lost farmers in the process of urbanization represent those who originally rely on land cultivation to create a way of life and economy. The main reasons are: land acquisition is required for urban construction; In order to create a good environment and a sustainable ecological development model, he is prohibited from planting crops and returning the land to a relatively original state; The land has been destroyed in years of cultivation and has lost its crop growth capacity. Generally speaking, the residential area of farmers facing these problems is generally around the development of cities, and they are the primary objects affected. In the face of this situation, this kind of person.

3. The connotation of sports cognition.

Sports cognition refers to the understanding and attitude of people to engage in various sports.

There are many kinds of sports, mainly people-centered, with a systematic and popular recognition of the rules to strengthen the physical behavior of people, on this basis, we can also let people cope with life in a healthier state of mind. What kind of cognition about such a behavior determines whether people will engage in sports or spend money for it. In order to achieve this behavior, we must have a suitable place, a complete set of sports tools, that is to say, we must rely on these substances in order to better go to sports. Only when the sports material and system are compared.

4. The present situation of farmers' sports under the condition of unclear cognition.

With the increasing urbanization rate, in the combination of rural and urban areas, the identity of those who have lost land has just changed into urban residents. The support of national policy has led them to see a variety of urban construction that is very different from land, including all kinds of sports facilities. This indicates that they have made a preliminary development in the material demand of sports. But it's definitely not that fast for them to incorporate sports into their lives, because they don't have a deep understanding of the importance of sports. This, on the other hand, shows that they do not accept it at the inner level. This kind of inner acceptance is not over. Good one or two facilities can be solved, which is the result of a long-term habit, the formation of this mentality must require them in their values that sports is important, can entertain the body and mind. In order for such people to integrate with the city at the sports level, they must be aware of the value of sports from the bottom of their hearts. But for them at the time of the transition between urban and rural areas, a lot of data show that 2/3 of the people think sports are not important, they think they don't need these things to exercise, while the rest think that sports are good, but in the face of cold equipment, they are not good at exercise. I hope there will be guidance. Those who already live in the city will not take the initiative to help and guide them, mainly because of differences in living habits. The urban people at this intersection will feel that the other person is an intruder, while the rural people will be hostile to them because of their low level of knowledge and unable to quickly integrate into the life here. Therefore, the communication between the two groups of people is limited, which leads to rural people will not take the initiative to exercise without guidance.

5. Improve the sports cognition of the landless people and the countermeasures to promote their physical exercise.

Education guidance service, in order to be effective, this can be included in the local performance appraisal; secondly, let the local staff understand the sports culture and let them improve themselves in this respect, so that they can better serve this kind of people in the guidance; convey the importance of sports to them through radio, poster or television publicity, so as to achieve the purpose of internalizing sports in the heart. In addition to these three points, we can also hold some sports events to enhance their sense of participation, and in these interactions, the relevant system can be injected into it for them to understand.

6. Conclusion

Farmers' living habits and urbanization are incompatible in many ways, which makes it difficult for those who do not have land to adapt to such urban life quickly. Consciously, they don't see the value of exercise, especially if it may require a financial investment, let alone think about it. This perception makes it difficult for them to follow the pace of urbanization in sports. If they want to change this concept, let them take the initiative to take part in sports, become an independent and belonging city people, should let exercise into their lives, so that they can slowly accept sports from the heart. And. How they change their spending on exercise is very much in need of guidance and help from surrounding organizations so that they can live comfortably in the city.

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