

A Summary Research on Chinese Women's Competitive Sports

—Take the Window Period (1990-2000) as an Example

Qisheng Liu^{1,a}, Bin Long^{2,b}, Fang Li^{3,c}, Liqing Zhang^{4,d}, Aihua Qiu^{5,e}

¹Graduate School of Wuhan Institute of Physical Education, Wuhan 430079, Hubei, China

²Department of Sports Training, Wuhan Institute of Physical Education, Wuhan 430079, Hubei, China

³School of Art, Wuhan Institute of Physical Education, Wuhan 430079, Hubei, China

⁴Department of Sports Training, Beijing Sport University, Beijing 100084, China

⁵Department of Track and Field, Wuhan Institute of Physical Education, Wuhan 430079, Hubei, China

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Abstract: The 1990s was a window period for the development of Chinese women's competitive sports, and a large number of relevant research documents emerged. This article has conducted statistics and combing the related literature of women's competitive sports in the 1990s, and the results found: (1) There were few related studies in the 1990s, especially high-quality articles, and the research content was mostly in the direction of training; (2) Related Scholars in the field publish fewer articles and have a single field; (3) The research topics are relatively single, which is mainly reflected in the fact that most of the research projects are traditional Chinese superior projects, and other projects are less researched and the results are limited; (4) In the future women's sports in the process of sports development, more attention should be paid to starting from reality, focusing on solving women's actual problems, and consolidating women's social status; it is necessary to promote the multidisciplinary integration of related research; research methods and research tools should also be diversified.

1. Introduction

Competitive sports is an important part of sports. It is a sports activity with sports competition as the main feature and the main goal of creating excellent sports performance and winning competitions. Women's competitive sports also plays an important role in the development of our country. Since the founding of the People's Republic of China, the research on women's competitive sports has shown a trend of increasing simultaneously with social progress. There are more than 25,000 research documents on women's competitive sports: 25, 4, 160, 1662, 3110, 9298, 10600. Before the 1990s, the amount of publications got obviously lower. The main reason was that before the reform and opening up, most people in China had a great disapproval of women as a group in social consciousness, and sports could not solve the practical problems in women's lives objectively.

This article selects the literature from 1990 to 2000 as the research basis, using "women" as the keywords, and the search scope is sports disciplines and core journals. After searching on China Knowledge Network, 592 documents are obtained. After further screening, the final result is Obtained 563 documents. Through analysis and summary, it expounds the general situation and content of Chinese women's competitive sports research in the 1990s, and makes a contribution to improve related research in this field, and provides theoretical basis and practical reference for future research in this field.

2. Analysis of Status Quo of the Development of Women's Competitive Sports

2.1. Retrospect of the Development of Women's Competitive Sports in the 1990s

The 1990s was a period of shining female athletes. Yaping Deng, Jun Xie, Junxia Wang and other

outstanding female athletes have achieved brilliant results in many international competitions. Throughout the historical stages of Chinese women's competitive sports, only the 1990s can truly be regarded as a stage of rapid progress. The author believes that it is precisely because of the rapid development of this period that women's competitive sports have attracted the attention of the masses, so that more scientific research workers can be invested in the research work of women's competitive sports, and the depth and breadth of the research field will be further increased. The improvement will eventually enable the application of scientific research results in the practice of women's competitive sports, forming a positive feedback mechanism to promote the development of this field.

2.2. The Development Status of Women's Competitive Sports in the 21st Century

Since the 21st century, Chinese women's competitive sports still maintains a good development trend. Chinese female athletes won 15.5 gold medals in the 2000 Sydney Olympics, accounting for 55.4% of the total number of gold medals; in 2004 Athens Olympics won 32 gold medals (61.5%); 2008 Beijing Olympics won 27 gold medals (accounting for 52.9%); 2012 London Olympics won 20.5 gold medals (accounting for 53.9%); 2016 Rio Olympics won 13 gold medals (accounting for 50%); 20 Tokyo Olympics won 23.5 gold medals (accounting for 61.8%). Against the background of the rapid development of China's competitive sports in the 21st century, Chinese women's competitive sports will inevitably play a vital role. In the previous Olympics in the 21st century, Chinese female athletes have more gold medals than men in each Olympic Games. Athletes, using the term "half of the country" is even worse.

Therefore, in order to continue to achieve the rapid development of women's competitive sports in China, on the existing basis, relevant research results in the rapid development stage should be found, and research should be carried out from the initial stage of rapid development. Therefore, the research on women's competitive sports in the 1990s is one of the inevitable requirements to realize the sustainable development of this field.

3. Literature Distribution of Women'S Competitive Sports Research

3.1. Research Topic Distribution

From the perspective of research topics, there are many studies on technical movements and physical training. This type of literature has the characteristics of strong specificity, strong practicability, and the closest connection with the practice of competitive sports. This is compared with the research in the early 21st century. The themes are similar. It can be seen from the 20 themes with the highest frequency that it mainly analyzes the technical and tactical and physical characteristics of athletes in major international events such as championships, Asian Games and Olympics, Especially the analysis of women's weightlifting, women's gymnastics, women's football, etc.

In terms of specific items, from the perspective of research content, women's weightlifting is mainly the evaluation of some physiological and biochemical indicators, the impact of physiological and biochemical indicators on the level of specific athletics, and related research on technical movements and physical training; The Journal contains 12 articles, ranking first, and it is the main publication of the project. From the distribution of authors, Renwei Wang and Xianhao Hu have published 4 and 6 articles respectively, and they are the two scholars with the most articles in this field.

From the perspective of research content, women's football are mainly related to sports training and sports physiology; from the source of literature, "China Sports Science and Technology" contains 15 articles, ranking first, and is the research of women's football competitive sports in that era. Mainly published articles; from the distribution of authors, Yi Zhou and Fang Wang have published 3 and 5 articles respectively, and they are the scholars who have published the most articles in this field.

From the perspective of research content, women's gymnastics is mainly researched from several aspects such as technical and tactical analysis, psychological characteristics, physical training, and current situation analysis. From the source of literature, "China Sports Science and Technology"

contains 27 articles, ranking first, which is the main publication of the project research; from the distribution of authors, each research scholar in this field has published no more than two articles, so it is impossible to tell which scholar is an expert in that era.

3.2. Research Time Distribution

From the perspective of the overall number of documents, there were 592 researches on women's competitive sports from 1990 to 2000, and the keyword "sports" was searched in the same way, and there were more than 60,000 articles. It can be seen that the number of researches on women's competitive sports is the research on physical education is slightly weak. Especially since 1994, the number of published articles has risen sharply, and has remained high since then. Through further research, it was found that during the three years from 1994 to 1996, the number of documents on the Olympics was 57, accounting for 35.4% of the total number of publications in the past few years. It can be seen that most of the documents were developed around the preparations for the Olympics. In the post-Olympic cycle, the number of posts increased sharply (214 posts were posted), of which 92 researches on the Olympics accounted for 42.9% of the total.

3.3. Distribution of Journal Sources

The author made statistics on the distribution of major journals for research on women's competitive sports in China, and all 566 articles are distributed in China's core sports journals (G8 category). The top three journals accounted for 65.2% of the total publication volume. "China Sports Science and Technology" contains 184 articles, which is the main publication platform for women's competitive sports research in that era. The main research direction is biased towards sports training, physiology, psychology and biomechanics; "Sports Science" contains 99 articles, ranking Second, pay more attention to the analysis of the causes of formation and scientific exploration of athletes from the perspective of combining physiology and training science, and use physiology to promote training effects; "Journal of Shanghai Sport University" contains 84 articles, ranking third, mainly biased Research on biomechanics and material selection.

3.4. Author Distribution

The author counted the top five scholars who published research on women's competitive sports during the decade from 1990 to 2000. Qiurong Zhao and Liu Baocheng's team published 8 articles, focusing on women's taekwondo events; Jingwei Cao's team issued 7 articles, mainly for women. Special physical fitness of rowing athletes; Guangxin Dong's team published 7 articles, mainly engaged in the research of the physical level assessment of women's long jump; Baocheng Liu's team published 9 articles, the main research direction is the related research of women's weightlifting training and human science; Fang Wang The team published 7 articles, mainly engaged in the research of women's football training.

4. An Analysis of the Related Characteristics of the Research Documents on Women's Competitive Sports

4.1. The volume of postings increases with the occurrence of major events

The study of historical development, based on different time nodes and characteristic events, divides the development of women's competitive sports in China in stages. For example, according to the division of major events in the 1990s, it can be divided into rapid development stages and breakthroughs stage in this field. For example, in this era, the largest number of articles (68 articles) were published in 1992, of which 36 articles were related to the Olympic Games (52.9%). It can be speculated that the 1992 Barcelona Olympic Games and the China Asian Games were major sports events that started the research boom of women's competitive sports in that era. And most of the relevant research is carried out around the comprehensive strength analysis before the game, the technical and tactical arrangements, and the technical summary and strength analysis after the game. It can be seen that major sporting events are a key factor in promoting research on women's competitive sports.

4.2. The distribution of research topics is mainly concentrated in the field of training

In the articles on women's competitive sports research in the 1990s, the research topics focused on the analysis of athletes' performance in women's competitive sports, case studies of outstanding athletes, influencing factors of the development of women's competitive sports, historical evolution and current countermeasure research, talent training research, mostly belong to the category of sports training. The analysis of athletes' competition performance mainly focuses on women's weightlifting, women's football, women's gymnastics and other events, which have always been China's traditional superior events.

In terms of historical development research, it is mainly based on different time nodes and characteristic events to divide the development of Chinese women's competitive sports in stages, and analyze the sports performance of Chinese women's competitive sports from 4 different periods: the initial rise stage (1900-1949): the stage of hard working(1950-1979), the stage of rapid development (1980-1989), and the stage of rapid progress(1990-1999).

In terms of current situation and countermeasure research, such as analyzing the current situation of Chinese women's competitive sports, putting forward tasks that need to be addressed such as perfecting the training system, strengthening the improvement of movement techniques and learning; research on the advantages of Chinese women's sports and their strengths; Research on the differences between athletes in inferior events and the world's top athletes in that event, etc.

The research on talent cultivation mainly includes two aspects: (1) Training junior athletes based on the model of outstanding athletes; (2) Re-training talented athletes.

In terms of individual competition research, there are 372 articles in total, accounting for 66.2% of all articles. The main research content involves the analysis of technical movements of individual competitions, and the training and exploration of specific physical fitness. For example, the biomechanical testing and analysis system is used to reveal the application and requirements of the 100-meter running technique in different stages of action techniques; biomechanical evaluation of the Take-off Technique of Women's Triple Jump; the biomechanics of the Chinese women's short track speed skating 3000-meter relay Research etc.

4.3. There are few interdisciplinary and interdisciplinary research theories

Among the target documents, there are a total of 53 documents based on sociological and psychological research. Such as exploring the path of Chinese women's competitive sports to the forefront of world sports from the perspective of sociology; and discussing the advantages of Chinese women's competitive sports in the development from the background of the socialist system. In the literature of psychology research, it is mainly a case study of the mental ability and training of Chinese female athletes, a study of the group psychological atmosphere of China's outstanding women's football team; a study of psychological counseling and psychological training of Chinese women's foil players on the Chinese fencing team, etc. In the existing cross-disciplinary research literature, the combination of subject theories from the perspectives of sociology, medicine, and anthropology is mostly carried out. Starting from some basic research in other subjects, the research results are extended to the research of physical education. Compared with the research of competitive sports, the current interdisciplinary research of women's competitive sports, such as the interdisciplinary research with law, journalism, communication, economics, etc., is less, and the researches in sociology, humanities, medicine, etc. are more used. The breadth of interdisciplinary research needs to be improved.

5. Conclusions and Recommendations

5.1. Conclusion

The 1990s was a period of rapid growth in the development of women's competitive sports in China. Chinese female athletes have continuously achieved brilliant results in major competitions at home and abroad. This is an important factor in the rapid development of women's competitive sports research. Under the background of the national system, this participants in the field have gradually

increased, and social attention has also increased. Scholars' relevant research during this period has played a guiding role in the development of women's competitive sports in the 21st century. At the same time, the corresponding social effects have also been greatly promoted, laying a solid foundation for the goal of building a sports power in the new century.

The rapid development of research on women's competitive sports in China is based on the perspectives of predecessors, starting from depth and breadth, providing some basic theories and problem awareness support, and further solving women's problems. Overall, Relevant research in the 1990s brought the development of women's competitive sports in China into an era of rapid development, and received good feedback from practice.

5.2. Suggestions

Nowadays, the development of women's competitive sports has entered a track of rapid development, and scholars have made more in-depth research in these aspects, but they are still insufficient, and further research is needed. With the development of China's competitive sports industry and the outstanding performance of athletes in major international events, competitive sports has received more and more attention from the society. A series of events such as the Olympics, Asian Games, and championships will be major events of social concern. Scholars It is necessary to fully realize the important role played by women's competitive sports research in the field of sports. As the scholar Bin Long said: "Women's competitive sports has always been said to support half the sky in China's competitive sports. It has an irreplaceable role in the history of China's sports development." With the development and progress of the times, it is more expected that the research on women's competitive sports in China will be more refined and specific in the cross-study of physical education and other disciplines, in the depth and breadth of the research content, especially to find out the physical education and other subjects. The entry point in interdisciplinary research must meet the requirements of the times, conform to the trend of the times, and solve practical problems.

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