

# The Research on the Value and Sustainable Development of Modern Family Sports

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**Keywords:** Modern, Family Sports, Value, Sustainable Development

**Abstract:** “Family” is a Social Unit That is a Basic Unit of Society Formed through Marriage, Blood, or Other Kinship. in This Social Unit, Family Members Carry out a Variety of Social Activities. as People's Living Standards Continue to Increase, People's Demand for Sports is Also Increasing. Family Sports as a Social Activity in Which Family Members Participate Are Also Emerging. This Paper Analyzes the Concept of Family Sports, the Status Quo of Family Sports, the Role of Family Sports, and the Influencing Factors. Furthermore, Research on the Value and Sustainable Development of Family Sports.

## 1. Introduction

The Purpose of China's National Fitness Program is to Enable More Citizens to Participate in Daily Fitness Exercises and Develop a Good Fitness Habit, So as to Enhance Physical Fitness and At the Same Time Improve the Development of the Nation's Sports and Realize National Development. Strategy, from the Perspective of the Whole Society, Each Family is the Basic Unit of Society. in Order to Ensure the Foundation of National Fitness, Active Promotion of Family Sports is a Top Priority. Family Sports Have Risen Abroad and First Appeared in the 1970s. in Foreign Countries, It is to Promote the Development of Social Sports [1]. with the Acceleration of China's Internationalization Process and the Improvement of the National Economy, Family Sports Are More and More Accepted by the Chinese. More Families Put Their Fitness Plans into Daily Practice, Which is China's “National Fitness Program Outline”. the Formulation Provides Practical and Guiding Significance, Because through This Outline, the Process of National Fitness Can Be Promoted More Quickly.

## 2. The Characteristics of Chinese Family Sports

Family sports refers to activities in which family members participate in various forms of sports in accordance with their own preferences in order to achieve physical and mental health. It includes the physical knowledge of parents and seniors educating young people at home; the sports activities carried out by family members at home. It is a concrete manifestation of social sports combined with recreational sports, holiday travel, sports competitions and other activities for the purpose of exercising the body [1]. It has the following characteristics:

Extensive mass: The principle of “causes the cause and the person due to people” proposed in the “National Fitness Program Outline” can greatly increase the feasibility of family sports, comprehensively improve the mass and feasibility of the national fitness activities, and enable everyone to participate in fitness.

Amateur sex of exercise time: Family sports is a form of fitness for family members in their spare time. Family members are selected to participate in sports activities that they like to enjoy and enrich their family life.

Unique inheritance: Parents' sports awareness and specialty have a great influence on their children's sports inheritance.

Flexibility and diversity of exercise methods: Family members can choose the exercise method flexibly and flexibly, anytime and anywhere, which not only enhances the feelings of family

relationships, but also exercises the body.

### **3. The Status Quo of Chinese Family Sports**

The society continues to improve, people's living standards continue to improve, and the number of people participating in family sports has also increased. According to the results of the national mass sports report, the family population sports ratio was 35.4% in 2008, 38% in 2013, and 40% in 2018. It shows a trend of increasing year by year. Among them, the number of people participating in family sports in rural families has increased significantly, and the elderly have taken the lead in family sports [2]. Although family sports are being accepted more and more quickly, China is still at a preliminary stage.

#### **3.1 Value Orientation**

According to the data of family sports surveys in the Pearl River Delta region, the Yangtze River Delta region, and Shenzhen, Hong Kong, and Guangzhou, the value orientation of family sports activities has diverse characteristics, according to “killing time”, “unit requirements”, “entertainment”, and “fitness”. The order of the rankings is the most popular in the first place. It is the “fitness” for family activities, and the second is “entertainment”, so it can be concluded that the main purpose of people participating in sports activities is “Fitness” and “entertainment” [2].

#### **3.2 Main Contents and Composition**

According to the survey of the current situation of primary school children's family sports in Beijing in 2017, the activities of family sports are characterized by diversification and urbanization. 55.3% of families choose to go for morning and evening walks, 59.8% of families choose to play sports games, 43.8% of families choose to check sports newspapers and watch sports, and it can be seen that about two-fifths of people are “happy and unhappy”. In terms of activities, non-confrontational activities such as walking, running, and table tennis are the most popular [2]. However, the number of people who choose bowling and field projects is very small, which indicates that people are interested in traditional projects and emerging projects. It will take some time for everyone to accept. Due to the large number of ethnic groups in China and the vast territory, the regional and ethnic characteristics of different regions and ethnic groups are different, showing diversity. Remote areas and rural areas are constrained by many factors, and the number of people participating in fitness activities and projects are relatively backward compared to cities.

#### **3.3 The Location, Form, Frequency and Time of the Event**

According to the survey results of Beijing, Guangzhou, Shenzhen and other regions, although the number of people who choose to participate in sports activities is a certain proportion, most families still choose to carry out sports activities before and after the house or in the square park. Beijing, Guangzhou and Shenzhen each accounted for the total number of surveyed. 68.2%, 35.8%, 36.25%. The form of exercise is based on family and friends, and is a kind of relaxed and free group activity. The frequency of activities showed a trend of low and high in both ends. The two lows, ie low frequency and high frequency, were very few, basically concentrated in the general frequency. According to the survey results, the general frequency and lower frequency accounted for 78.5% of the total number of people surveyed [3]. On average, 2.63 home sports per week did not meet the family sports standards three times a week.

### **4. The Influence of Family Structure on Family Sports**

#### **4.1 Empty Nest Family**

The empty-nest family is a common phenomenon in which children are separated from the core family after they go out to study or work as adults. Most of them are in a single state, which means that the education and emotional communication functions of most family sports no longer exist; the

second empty nest phenomenon moves forward, and the early arrival of young empty-nest families will weaken the education of family sports. Functional and emotional communication functions also affect home entertainment functions. The third divorce rate is increasing, resulting in the formation of a large number of single-parent families and single-person households [3]. Single-parent families have greatly weakened the educational, entertainment and emotional communication functions of family sports. Some functions of divorced single families will not exist.

#### **4.2 Emerging Families**

The changes in lifestyle have transformed the family structure from simple nuclear families and joint families into a variety of family structures. New families such as separated cities, left-behind children, separated families, weekend families, and Naite family have emerged. Family members living in the same city live on their working days. Only on holidays and weekends, this type of family does not belong to family sports activities during the working days [4]. There are family sports behaviors in left-behind children's families, but intergenerational education will affect the education of family sports and the emotional communication function of parents and children to some extent. Separated families are usually families that are caused by the disagreement between husband and wife. If there is no child or a family without a child in the core family, many functions of family sports no longer exist. On weekends, the parents of the family are busy with work, and the children are taken care of by others. Only the weekends and holidays live with the children. This type of family has no children's participation in the sports during the working day. The lack of parents' companion is not good for parents and children.

#### **4.3 Venue Facilities**

Factors such as inadequate sports facilities, a weak sports atmosphere, and lack of family sports instructors can affect the development of family sports. The serious imbalance between sports activities and the rapid increase of population is a serious problem facing the development of family sports. In many studies, the development of most family sports is affected by the venue facilities [4]. In Zhang Yongbao's article, there are data showing that the main place for family sports activities is community open space near the residence and school venues, while the more convenient places for family physical exercise are lacking. China is seriously inadequate in the management of public event venues in the community. Although the demand for sports facilities in China's family sports is not high at this stage, from the perspective of the development trend of family sports, there are opportunities for the convenience and diversity of sports equipment in the future. The trend of moving to indoor professional sports venues [5].

#### **4.4 Household Income**

Family income is an important factor in the family environment. Family income affects the motivation of participation in family sports behavior, participation in the project, participation time, and consumption patterns of family sports behavior. Some foreign scholars have shown in their research that higher socioeconomic status, the number of siblings and higher education levels are related to more physical exercise. In general, household income is low and disposable income is low, and family sports facilities are correspondingly reduced. Although data studies have shown that the reduction of sports equipment in low-income families does not reduce sports participation [5]. But as social pressures increase, we find that young families have less leisure time, and this young family model is more susceptible to income from participation in sports activities. Ample income will mean that families have more time to participate and there are more sports to choose from.

### **5. Sustainable Development Strategy of Chinese Family Sports**

Although the family is the main body of family sports, if you want family sports to have rules in China and implement them smoothly, you need the government to give certain support and formulate laws and policies for family sports so that they can have laws to follow. The sports management departments should adopt macro-lead and business guidance in the process of implementing family

sports, and the industry and society should be managed in a two-way manner [6]. Leaders at all levels and relevant cadres should take the lead, unified management, strengthen leadership, and jointly promote the development of family sports.

### **5.1 Popularizing the Concept of the Whole Society and Doing Well the Propaganda Work of Family Sports**

Give play to the media's propaganda role, so that families have a correct sports value and take the initiative to carry out family sports. Produce TV programs, videos, and recordings related to “family sports”, issue family sports publications, publicize through newspapers, books, and broadcasts, highlight the importance of family sports, and encourage people to choose the right way to exercise. Strengthen the importance that parents attach to family sports, cultivate their children's sports interests from childhood, and participate in sports activities with their children [6].

### **5.2 Expanding Channels and Flexibly Solving Family Sports Facilities**

First, we will broaden our fund-raising channels and attract the majority of the community to invest. The government actively encourages social enterprises, individuals, and groups to invest, vigorously build sports venues, increase the variety and quantity of sports equipment, and improve sports conditions. In addition, the utilization rate of existing stadiums and equipment will be fully utilized to maximize the opening of residents and improve the convenience of family sports [7]. In addition, combined with the existing actual conditions, the field sports field will be expanded.

### **5.3 Guiding Family Sports Health Consumption**

With the gradual improvement of people's understanding of family sports, the sports consumer market will gradually increase. While the sports market is expanding, the government should establish a standardized consumer market, improve consumption levels, and improve the consumption environment. For example, some small and versatile sports equipment can be designed to facilitate people's exercise at home to meet the needs of people's family sports [7]. A well-conditioned community can establish a multi-style “family sports club” and organize some tourism activities, but all projects must Set a reasonable charging standard, the management system should be standardized, so that different families have the ability to pay willing to take the initiative to engage in sports consumption.

### **5.4 Developing Rural Family Sports**

Each courtyard in the countryside is independent and has a large sports space, which provides good conditions for family sports. At present, rural family sports show seasonal characteristics. People generally take sports time after the autumn harvest, during the slack season or during the holidays. However, with the rapid development of science and technology, agricultural modernization is becoming more and more common. A new type of life movement will gradually replace this seasonal movement. The more leisure time people have, the more the family sports venue will increase, such as the gym. , small stadiums, dance rooms, etc., all kinds of modern sports facilities will bring endless joy to the well-off families [8]. At the same time, governments and leaders at all levels should give high priority to integrating activities with ethnic characteristics, combining sports parks and sports facilities with the characteristics of new rural areas, and accelerating the rapid development of rural sports.

### **5.5 Actively Play the Leading Role of the Elderly in Family Sports**

According to the survey data, there are about 48 million elderly people participating in family sports activities in China, and they are driving children and juniors to participate in sports activities. According to survey data from Guangdong Province, the number of retired seniors in the three colleges and universities together with the family accounted for 60% of the surveyed population, of which 34.6% of the elderly played a leading role in sports, and about one-third of the elderly said that the family Sports play a role in supervising persuasion [8]. It can be seen that the exemplary role of the elderly plays an important role in the development of family sports.

## 6. Summary

As the basic unit of society, the family plays a vital role in the development of society. The continuous development of social sports also provides a better platform and resources for family sports. Family sports can bring family members the possibility to participate in sports activities and enjoy the role and fun of sports. Although family sports have special characteristics, it is not a single existence. It is integrated with school sports and community sports to form a school family community integration. Family sports play a role in the development of sports from a microscopic state.

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