

Research on the Status of Mass Sports in Farming and Pastoral Areas of Maqu County

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Abstract

The article investigates and studies the mass sports in the farming and pastoral areas of Maqu County through questionnaire survey, interview, literature and data methods, and systematically studies the problems existing in the current situation of mass sports in the farming and pastoral areas of Maqu County. And analysis, and put forward relevant suggestions, hoping to provide a powerful reference for mass sports in the farming and pastoral areas of Maqu County and similar farming and pastoral cities.

Keywords

Maqu County; Farmers and Herdsmen; Mass Sports; Status.

1. Introduction

Since General Secretary Xi proposed the idea of "Poverty Alleviation with Precision" in November 2013, there has been more and more abundant research on poverty alleviation in China's impoverished areas. The concepts of "poverty-stricken first to treat stupidity" and "poverty-relief must aid wisdom" have become the consensus of the whole society on the idea of using morality, intelligence, physical beauty and comprehensive development to improve the current situation of poverty. Maqu County has a total area of 10,190 square kilometers and a total population of 54,900 (2011), of which Tibetans account for two-thirds and the average elevation is 3,700 meters. In addition to natural factors such as inconvenient transportation, high average altitude, and harsh climate environment, the main reasons restricting its development include the lack of understanding of physical education and physical fitness among the people in farming and pastoral areas. This visit is aimed at the people in the farming and pastoral areas of Maqu County to understand the status quo of sports. Through this visit, I found that farmers and herdsmen in Maqu County do not know much about physical fitness. The government's investment in sports venues is relatively weak, and the farmers and herdsmen themselves do not pay enough attention to the help of sports and fitness. The following research is conducted for this survey.

2. Research Objects and Methods

2.1. Research Objects

Taking the status quo of mass sports in the farming and pastoral areas of Maqu County as the research, taking farmers and herdsmen over 16 years old in Maqu County, Nima Town and Oula Township as the survey objects.

2.2. Research Methods

2.2.1. Questionnaire Survey Method

Before the survey, research-related questionnaires were formulated, and the reliability and validity of the questionnaires were tested, which met the requirements of the questionnaires. A total of 200 questionnaires were issued, 190 were returned, and 180 valid questionnaires were valid, with an effective rate of 90%.

2.2.2. Interview Method

Conduct face-to-face conversations and inquiries with some people in farming and pastoral areas through oral communication.

2.2.3. Literature Data Method

Through the electronic library, the Internet, newspapers and periodicals, a large number of documents related to the paper are collected and sorted out to determine the research methods, research indicators, research content, etc.

2.2.4. Data Statistics Method

Use office excel software to organize the data in the questionnaire, and analyze the data on this basis.

3. Research Results and Analysis

3.1. Farmers and Herdsmen's Awareness of Physical Exercise

Based on the analysis of farmers and herdsmen's understanding of physical fitness in Maqu County, it is learned through analysis that 87.1% of farmers and herdsmen believe that the absence of disease means good health. At the same time, these farmers and herdsmen's view is that good health does not require exercise. This shows that most farmers and herdsmen do not understand physical fitness and lack knowledge of physical fitness. 52.1% of people think that physical fitness is a way of wasting time, and they will not spend their time exclusively on physical fitness. In this view, only 22.6% of people disagree with this statement. With regard to the argument that dry farming and animal husbandry can replace physical exercise, 62.8% of farmers and herdsmen agree with this argument. This also reflects from the side that farmers and herdsmen in Maqu County do not understand the importance of physical fitness. The establishment of various sports facilities has not achieved the effect of physical fitness.

3.2. The Participation of Farmers and Herdsmen in Physical Activities and Exercise

According to the situation of farmers and herdsmen participating in physical exercise in Maqu area, the number of regular and basic participants is relatively small, accounting for 16.7% and 27.8% of the total number respectively. There are relatively more people who do not participate in sports activities, accounting for 55.6% of the total. In this survey, we found that farmers and herdsmen hardly take part in physical exercise, and only 16.7% are willing to take part in physical exercise.

3.3. The Status Quo of the Development of Mass Sports in Farming and Pastoral Areas

Basketball, football and other three sports. A written survey found that basketball is the most popular sports in the three regions. 40%-50% of farmers and herdsmen choose to use basketball to achieve entertainment. At the same time, 30%-40% of farmers and herders have chosen football, second only to basketball. In this survey, the participation of farmers and herdsmen in other sports mainly included running, square dancing, Tai Chi, rope skipping, fitness equipment, etc. 15%-20% of people chose to participate in these sports.

3.4. Investigation on the Status Quo of Sports Facilities in the Farming and Pastoral Areas of Maqu County

An investigation on the status quo of the establishment of sports facilities in Maqu County, Nima Town, and Oula Township. Through investigation, it is found that among the three regions, basketball courts have the largest number and accounted for the largest proportion. This can

also be a reasonable explanation for the fact that 30%-40% of farmers and herdsmen in the three regions choose basketball as a sports and fitness project. reason.

3.5. Organization and Management of Mass Sports Activities in Farming and Pastoral Areas

The survey found that about 65% of farmers and herdsmen are very dissatisfied with the government's organization of sports activities and the management of sports facilities. Only 14% and 12.4% are satisfied with the management and organization. This shows that farmers and herdsmen are very willing to participate in collective sports activities and show a high degree of participation in such sports activities.

3.6. People's Consumption of Sports in Farming and Pastoral Areas

An investigation into the consumption of sports by farmers and herdsmen. Through the analysis of the mass sports consumption in farming and pastoral areas, it can be seen that the proportion of farmers and herdsmen who are willing to consume sports equipment is 22.2%, the proportion of sportswear consumers is 33.3%, and the proportion of related dietary consumers is 33.3%. This is 44.4%. In contrast, farmers and herdsmen are unwilling to spend money on sports equipment.

4. Conclusion

Farmers and herdsmen's understanding of physical fitness only stays at the level of being healthy. In the survey group, farmers and herdsmen are less involved in physical exercise. Sports in Maqu County, Nima Town and Oula Township The facilities are incomplete. Except for the county seat of Maqu County, there are only a few basketball courts in Nima Town and Oula Township. There are no football courts and other venues. The basketball courts are relatively dilapidated and pose great safety risks. Most farmers and herdsmen have shown a keen interest in participating in collective sports and fitness activities. The local government should pay enough attention to sports and fitness, strengthen publicity on sports and fitness, and actively organize various collective sports and cultural activities. Farmers and herdsmen experience the benefits of physical fitness. The consumption structure of farmers and herdsmen is relatively simple, and the level of sports consumption is low. The government should properly and correctly guide farmers and herdsmen's concepts in sports consumption. According to the preferences of farmers and herdsmen, improve the completeness of sports facilities and increase sports knowledge and sports. The popularity of fitness methods.

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