

Analysis of Influencing Factors of Sports Lifestyle of College Students in China based on Social Ecology

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Abstract

The 2018 Global Children's and Adolescents Sports Activity Report uses 10 indicators to evaluate the physical health of adolescents in 49 countries. The report shows that there is a low overall level of youth participation in sports activities and an increase in meditation lifestyles. At present, the sports activities of teenagers in China The level is lower than the world average. As the backbone of future social development, college students' sports lifestyle will directly affect their physical health, thus affecting the operation of the whole society. This article explores the factors affecting college students' sports lifestyle from the perspective of social ecology, classifies them as the impact of personal level, interpersonal level and organizational level, and puts forward targeted solutions according to relevant theories.: The 2018 Global Children's and Adolescents Sports Activity Report uses 10 indicators to evaluate the physical health of adolescents in 49 countries. The report shows that there is a low overall level of youth participation in sports activities and an increase in meditation lifestyles. At present, the sports activities of teenagers in China The level is lower than the world average. As the backbone of future social development, college students' sports lifestyle will directly affect their physical health, thus affecting the operation of the whole society. This article explores the factors affecting college students' sports lifestyle from the perspective of social ecology, classifies them as the impact of personal level, interpersonal level and organizational level, and puts forward targeted solutions according to relevant theories.

Keywords

College Students; Sports Lifestyle; Socioecology.

1. Overview of Social Ecology Theory and Role

1.1. Overview of Socioecology

People are groups with social attributes. Individual life and value realization are realized in the process of participating in the operation of society. Social ecology is a discipline that studies and intervenes on the same thing from multiple dimensions. The main factors of research are closely related to all levels of society. Socioecology originated from psychology, and the formation of social ecology can be traced back to the construction of a social ecology model by the famous American scholar Bronfenbrenner in 1979, which shows the interaction between individuals and the surrounding environment, and then further refines the theory and the ecological environment. The environment is divided into four levels: micro-system, intermediate system, external system and macro system, which further reveals the laws of interaction between human activities and the external environment of society, and then continuously improves the theoretical achievements in the development process to form a complete discipline. The core concept of social ecology is that the best way to improve human activities is to intervene from multiple levels, which supports the development of social ecology.

1.2. Application of Socioecological Theory

The application scope of social ecology is very broad, which is inseparable from the social attributes of human beings. Society is composed of one individual after another, and the interaction between individuals constitutes social everything. At this stage, social ecology is widely used in medical care, sports, health and other fields. Because its core laws conform to the great Some human beings produce and live, so they can play a greater role in studying the factors affecting things. At present, the theory of socioecology is widely used in people's sports and lifestyle. For example, when studying the factors affecting teenagers' physical activities, the scholar werk has initially built teenagers by studying the relationship between their growth and development, physical and psychological characteristics and their sports activities. Models of sports activities.

2. Social and Ecological Factors Affecting College Students' Sports Lifestyle

Everything in the world is interconnected and the development of anything cannot be separated from the influence of internal factors and external environment. According to the relevant theoretical knowledge of social ecology, the reasons affecting the way of college students' sports life are summarized into three levels: individual level, interpersonal level and organization level, and analyzed.

2.1. Personal Level

College students have a relatively complete individual consciousness. In the process of carrying out physical activities, their personal subjective concepts will have a great impact. College students will play a key role in controlling their self-conduct. Foreign scholars summarize it as self-efficacy, obstacle perception, cognitive ability, etc. According to the research, among the factors affecting the individual level of many college students, their sense of self-efficacy plays the most critical role. Ardestani and others selected 400 college students as research objects to discuss the factors affecting the level of college students' physical activity. The results show that self-efficacy has become a key difference factor for students at different levels of exercise. At the same time, Lee et al.'s research also confirms that self-efficacy is good for customer service. The great role of physical obstruction and external obstruction.

At the same time, at this stage, a large proportion of college students have a sense of obstacles in the process of physical activity. The main manifestation is that they have insufficient willpower and skills to overcome obstacles when participating in sports activities. With the improvement of living standards, most college students are immersed in the Internet after studying, and at the same time, due to age brings physique. Its superiority does not pay enough attention to sports activities. During the research process, the author process, the author selected 300 college students to investigate the individual factors affecting their sports activities. The results of the survey combined with multiple regression analysis show that the insufficient skill level of college students is the most critical factor affecting their sports activities. At the same time, it is classified and analyzed the college students whose physical health is overweight. Lack of willpower is the strongest factor affecting its physical activities.

From the above, it can be seen that the most critical factors affecting college students' sports activities at the individual level are self-efficacy and willpower, which is the same as the type of willpower cultivated by sports activities. At the same time, it also shows that sports activities have certain requirements for participants, and in the process of overcoming them, the benefits of sports activities to individuals are shown.

2.2. Interpersonal Level

Although college students have become independent individuals, their emotional instability and behavioral uncertainty are still very large, and relevant research shows that interpersonal

relationships are the key factors affecting college students' personal emotions and behaviors. Interpersonal support has a significant impact on its sports activities, mainly including support from family, friends, peers and teachers. Lau targeted 22,900 freshmen to senior students to study the impact of interpersonal support on personal sports activities. The research results found that with the passage of time, the impact of support between friends and partners on individual sports activities is vertically related, and the interpersonal support shown by friends and partners has increased. Individual sports activities will increase, and vice versa. In college, when students leave their families, friends and partners are the people who have the most contact with them in their daily life, so the interpersonal support of friends and partners has a greater impact on individual sports activities.

2.3. Organizational Level

Sports are always attached to a certain venue or equipment, so external conditions will also have a great impact on individual sports. Through the study of literature, it is found that the number of school venue facilities, the on-site organization of teachers, the setting of physical education courses, the organization of extracurricular sports activities and other factors will have a great impact on college students' participation in physical activities.

3. Strategies to Promote the Development of College Students' Sports Activities under the Vision of Social Ecology

From the personal level, because many college students played a passive role in their previous study and life, they did not have the autonomy to carry out sports activities, and because they lost the restraint of the outside world, their goals were unclear, resulting in technical and psychological obstacles. The cognition of individuals will determine their behavior to a large extent. Therefore, for individuals, they should be made to realize the importance of sports activities to them, and make them feel the urgency of carrying out sports activities through certain strategies and means. In the early stage, they can impose sports tasks through schools and vigorously publicize the importance of sports activities. The important way gradually forms a culture of advocating sports activities, and then subtly develops the individual's attitude towards sports activities, gradually forms certain habits or gradually cultivates confidence and willpower to overcome sports obstacles in the process.

From the interpersonal level, we can strengthen the ethos of campus sports and form a good competitive atmosphere of sports, so as to improve the awareness of the importance of sports activities and cultivate the awareness of physical exercise among college students, and further improve the mutual support among internal people.

From the organizational level, it emphasizes the school to provide and increase the support to the school sports facilities construction, to meet the students' various sports activities of the facilities and venues. Optimize the teaching method of PE teachers, strengthen the education of basic theoretical knowledge in PE class, and arrange the physical exercise reasonably.

At the management level, it is necessary to strengthen the construction and opening of sports facilities in colleges and universities. Strengthen the security of college students' sports. Many kinds of sports competitions are held to provide various external guarantees for the development of college students' sports.

4. Summary

Sports play a key role in individual development. There are many factors affecting college students' sports activities, which will have different degrees of impact at the individual level, interpersonal level and organizational level. However, the most critical one is the impact of personal subject consciousness. At this stage, due to the development of network technology,

the proportion of college students' time occupied by the virtual world has shown an upward trend. At the same time, the characteristics of physical decline and weak willpower are the root cause of the deterioration of college students' physical condition, which is affected by external conditions. After all, the sound is very limited. Only when it has the subject consciousness of sports can the current situation be changed most efficiently. Therefore, it is urgent to improve the main consciousness of college students participating in sports activities.

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