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Research on the farmers sport participation characteristics and intervention in Ningxia

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ABSTRACT

Use of literature, surveys, interviews and other research methods, physical exercise behavior characteristics of farmers in Ningxia empirical and normative research. The results showed that: the spontaneous peasant higher degree of physical exercise; diversify sources of sports information; extensive sports coverage, large-scale participation of personnel; higher degree Physical exercise Cognition; Physical exercise in the form of diversification; sports venue with choice sex; physical exercise program enrichment. The future development of Ningxia farmers to make reasonable use of existing sports venues, additional physical fitness program; further enhance farmers' physical exercise and awareness; strengthen the stadium management and capital investment.

KEYWORDS

The China's northwest; Farmers; The characteristics of physical exercise behavior; The farmers in Ningxia; Sport participation characteristics; Intervention.



INTRODUCTION

Ningxia is the largest habitat for the Hui Nationality and a multi-national community as well. It boasts a time-honored and profound the Yellow River Civilization, rich folk cultural resources and tourism resources, including economic, social, religious and entertainment folk customs. In recent years, with the guidance and gradually implementation of national and local governments, its agricultural production model shows a diversified development pattern. The traditional production and lifestyle has undergone great changes, thus transforming the family structure as well. Zhao Yongbiao, Director of Ningxia Agricultural and Pastoral Office, said that the functions of various cooperatives have enabled the local farmers to obtain more scientific knowledge. As a result, learning-type families have been formed, which has further contributed to the improvement of farmers' overall qualities and cultivation of new-type farmers suitable for the construction of new rural region. Based on the status quo, the research adopts the physical training behavior characteristics of Ningxia farmers as a research object. It is of far-reaching significance to standardize Ningxia farmers' physical training and conduct an empirical research of it.

RESEARCH METHODS

Literature reference

The author referred to relevant researches and works related to rural farmers' and ethnic minority's physical culture so as to obtain theoretical support for this research.

Expert interviews

According to the requirement of the research, the author interviewed about 15 experts and scholars long engaged in the research of physical training of the rural region, farmers, ethnic groups, the public and Gansu in terms of questionnaire design and investigation steps and listened to their suggestions and opinions to ensure the scientificness and feasibility of the investigation and research. At the same time, by conducting an in-depth study of some villages, the author interviewed more than 30 folk sports lovers and inheritors to learn their understanding of physical training and feeling during physical training so as to provide evidences for this research.

Questionnaire survey

This research adopts rural residents in Ningxia as the investigation respondents. The reliability test proves the questionnaire to be reasonable and proper, and meeting the requirements of this research. The validity check adopts the test-retest reliability method, which shows the coefficient $r > 0.7$. Therefore, the reliability of the questionnaire is high, and thus in line with the requirements of the research. In total 450 questionnaires were delivered with 428 collected, registering a recovery percent of 95.1%, of which 379 are valid, accounting for 84.2% of the total.

Mathematical statistics

By employing SPSS18.0, the author conducted statistical analysis of the investigation data and processed and analyzed the data collected through the questionnaire.

INVESTIGATION RESULT AND ANALYSIS

Basic situation of Ningxia rural residents

Ningxia is a place where ethnic peoples get on good terms with each other and the folk culture is also especially rich. The material production folk culture underlies the folk customs of the Hui Nationality. Currently, different production folk customs featuring workshops or known as "community economy" peculiar to the Hui Nationality boast distinctive obvious national characteristics^[2]. The Hui Nationality pays great attention to the agricultural production, thinking that agricultural production is an important undertaking to gain material supply for the society.

The production and living status of Ningxia rural residents

In order to solve the issue of increasing production and income of the local farmers, the People's Government of the Ningxia Hui Autonomous Region together with the local farmers have intensified efforts in developing agriculture with their own characteristics, building industrial parks, doing a good work of labor export and helping farmers return home to start a business. By doing so, farmers' production and life have undergone significant changes.

Time Ningxia rural residents invested in production

The investigation showed that: about 52.20% of farmers in the region work more than eight hours every day, and those less than four hours account for 20.50%. The major reasons are: 1) seasonal characteristics: In the busy season from April to October, farmers work for more eight hours; while in the slack season from November to March next year, the working time of farmers are reduced significantly due to the icy and long winter and farmers mainly spend time doing housework; 2) the demographic structure of rural families: Due to the changes of the agricultural structure, some young adults work in the urban region. Elders and children are often left behind in the rural region; 3) religious belief and customs:

the percentage of the Hui people in the rural region holding the religious belief is much higher than that in the urban region and the old higher than the young, and the lower the educational degree is, the higher percentage the religious belief is. The Hui people in Ningyuan City and Wuzhong City in Ningxia account for more than 80% of the total Hui people in Ningxia.

The arrangement of Ningxia rural residents about their spare time

Thanks to the policies beneficial to farmers and guidance of governments of all levels, more and more farmers have relinquished the loose and casual production and lifestyle and spent more time enriching their spare time. The investigation shows that: about 15.1% of farmers have sports and since the ancient time, there has been the martial custom in most habits of the Hui Nationality; those playing chess and card only account for 4.3%; and the Hui Nationality has the custom of banning practicing usury and gambling.

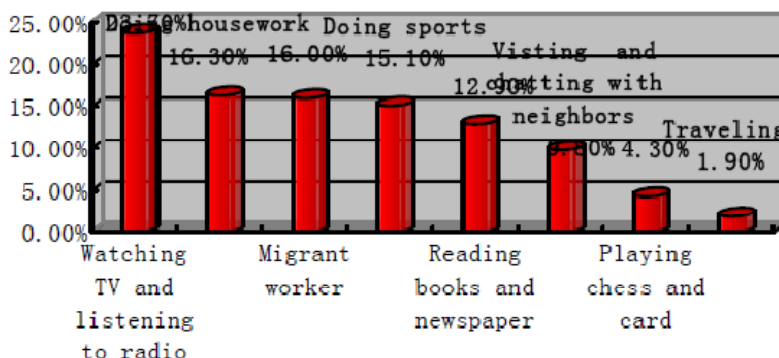


Chart 1 : Questionnaire survey of the arrangement of Ningxia rural residents’ spare time

Migrant workers among Ningxia rural residents

Ningxia is a province facing the severe problem of water shortage. Due to generation after generation of the custom of business and trade, the income of migrant workers accounts for a large amount among the Hui people. Partly it is because of the local harsh natural environment. In 2011, there were about more than 720,000 migrant workers in the rural region of Ningxia, and their income reached 4.5 billion yuan^[3].

The living status of Ningxia rural residents

There is a saying goes, “the Hui people will build houses after getting rich; while the Han people has the money to store grains after getting rich.” This suggests that the Hui people will firstly improve their living conditions after getting rich. When building houses, they don’t pay much attention to the so-called “fengshui,” but just choose clean places with flat terrain, good sunlight and convenient water supply. Take the small high-rise style houses in Tongxin County in Ningxia. All the windows and doors feature the arch shape, and the front gate features a green large dome style, which is solemn, elegant and unique as well.

Age structure, rural economic income and cultural life of Ningxia rural residents

Age structure

The investigation shows that there are 61.7% above 40 years old; 39.4% above 50 years old; and 16.7% below 20 years old. The central and southern region in Ningxia faces a severe problem of “empty nests” because the local harsh environment drives many young people to work outside.

Serial	Column 1	Column 2
<20	16.70%	
20-30	7.20%	
31-40	13.40%	
41-50	20.30%	
51-60	24.20%	
>60	17.20%	

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Chart 2 : Questionnaire survey of the age structure of Ningxia rural population N=379

Economic income of Ningxia rural residents

According to the sampled investigation results by Ningxia General Survey Team of National Bureau of Statistics, it showed that, in 2011, the average annual per capita income of farmers in Huangguan District was 6,907.3 yuan, which was higher than that of the previous year by 896.6 yuan, registering a year-on-year increase of 14.9%^[4]. The family operation

income is still the major income source. During the Twelfth Five-Year Plan, Ningxia will accelerate the rural urbanization process, coordinate the rural and urban development and further reduce the wide gap between the urban and rural region through a series of projects including Construction of “Economic Belt along the Yellow River,” Ecological Migration Project and New Rural Construction.

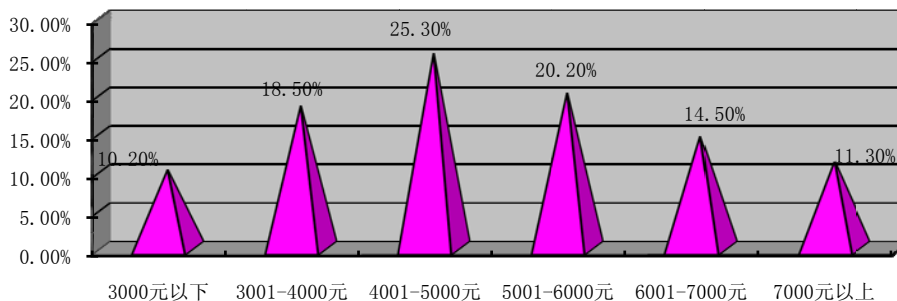


Chart 3 : The investigation statistical chart of farmers' annual per capita net income in Ningxia N=379

The spare-time cultural life of Ningxia rural residents

The spare-time cultural life of Ningxia rural residents is comparatively rich. Influenced by the local folk culture, their festival customs, martial arts and sports customs have been endowed with unique regional and national characteristics. 1) festival customs: The Hui Nationality has three major festivals, namely Eid, Corban and Rasul; 2) martial customs: The Hui Nationality boasts a strong and healthy body, valiance, passion for physical training and unyielding spirit in front of violence. The He Family Stick of Wu Zhong is a miniature of Hui people's traditional martial arts. The martial arts can not only keep one in a healthy state, but is of great practical value. They also show the connotation and essence of the traditional national culture; 3) sports customs: Apart from playing basketball, football, Ping-Pong and other sports, the Hui people also like participating in sports with their own characteristics, including step treading dancing, wood ball, square chess, bullfight, eagle training and archery.

During the Spring Festival, the Han people hold club fire performance, such as Huwan Lion Dancing in Xi'an Town, Shanxi Opera Challenge Competition, Throwing Sticks, etc. During the Spring Festival of 2011, more than 300 club fire teams walked around village households and more than 60 administrative villages held sports meetings and traditional folk customs Carnival with about 100,000 people participating in them^[5].

Basic status quo of Ningxia rural physical training

The public physical training has a good foundation in Ningxia. Guided by the Olympic effect, there has been an upsurge of fitness among the people there. Since 2008, the region's facility construction and measures have shown preferences to the rural communities, focusing on the coordination of urban and rural development and enabling all people in the region to enjoy equal conditions to get physical training.

The current spots grounds and facilities in Ningxia rural region

Since February 2003, Ningxia Sports Bureau employed the public welfare fund of Chinese sports lottery by investing more than 13 million yuan, and achieved the Phase IV of the “Sports Entering the Rural Region and Basketball Played in the Villages” Project. Currently, the whole district has realized the objective of building more than one basketball stadium in every administrative village. Baofeng Town, Pingluo County, Ningxia, has nine administrative village. Now, every village has basketball teams made up of the old, the middle-aged and the young^[6]. Currently, basketball has become the most popular sports in Ningxia Hui Autonomous Region and a symbol of the shared development and integration of the Hui Nationality, the Han Nationality and other nationalities as well.

The approaches for Ningxia farmers to gain the sports information

TABLE 1 : Questionnaire result of the approaches for Ningxia farmers to gain the sports information N=379

	Approaches to	Frequency	Percentage	Validity percentage	Cumulative percentage
Valid	Newspapers and magazines	59	15.6	15.6	15.6
	TV	126	33.3	33.3	48.9
	Radio	39	10.4	10.4	59.3
	Government sports publicity	93	24.1	24.1	83.1
	Daily chatting	62	16.9	16.9	100.0

共计	379	100.0	100.0
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The development of Ningxia farmers' sports is attributable to the spread of various media, in which government sports publicity account for 24.1%. The field interview shows that the Ningxia Hui Autonomous Region Sports Bureau has integrated various tasks during the learning activities of China Western Development. With both clarified activity carriers and rich activity content, it has not only stimulated the enthusiasm of cadres, but also promoted the further development of sports work.

The cultural level of Ningxia farmers

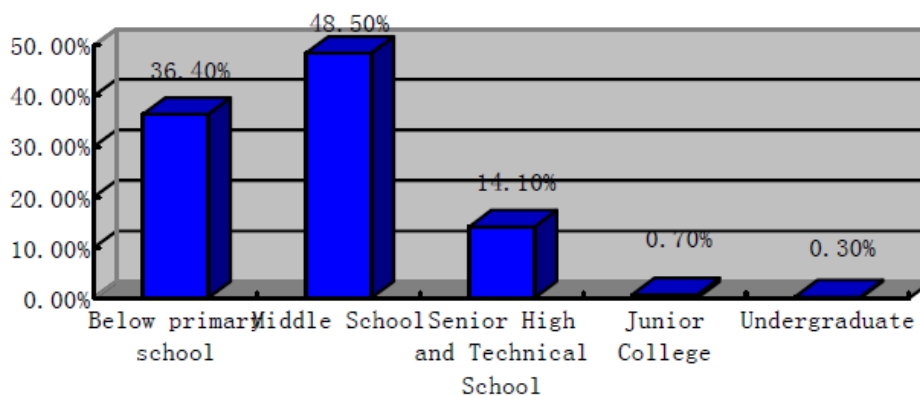


Chart 4 : Questionnaire survey of cultural level of Ningxia farmers N=379

The investigation shows that the cultural level below middle school accounts for 84.9%. This is because people above 50 years old in the village were mainly born after the birth of the New China. As a result, they didn't have lots of opportunities to receive education.

Ningxia farmers' awareness of the importance of physical training

TABLE 2 : Questionnaire survey of Ningxia farmers' awareness of the importance of physical training N=379

	Recognition	Frequency	Percentage	Validity percentage	Cumulative percentage
Valid	Very necessary	168	44.4	44.4	44.4
	Comparatively necessary	126	33.3	33.3	77.7
	So-so	56	14.8	14.8	92.5
	Not clear	16	4.4	4.4	96.9
	Unnecessary	13	3.1	3.1	100.0
	Total	379	100.0	100.0	

TABLE 2 shows that 77.7% of people think that physical training are necessary. Only 3.1% think that it is unnecessary to take physical training, which suggests that the farmers in the region have a sharp awareness of the value of physical training, and that the influence of cultural level on people's awareness of the importance of physical training is not absolute. The role of government and media is indispensable.

Physical training status of Ningxia farmers

Physical training status of Ningxia farmers

The physical training of farmers in the region shows seasonal characteristics. On festivals and jubilant days, the cultural and sports activities have been especially rich. The religious folk customs, martial arts folk customs, sports folk customs, and cultural and recreational folk customs are closely related to farmers' life. "Spending time in the ball games instead of playing cards" has been a new fashion for the younger generation of farmers. (See Chart 6)

Choice of Ningxia farmers' physical training forms

The farmers' physical training forms in Ningxia region have shown diversified characteristics. The questionnaire survey has shown that the collective entertainment and entertainment among friends are the major form. Family and individual physical training also accounts for a high percentage. The field survey also indicates an increasingly important role

of sports in people’s daily life. It is quite common to see that fathers and sons, mother-in-laws and daughter-in-laws compete with each other in sports.

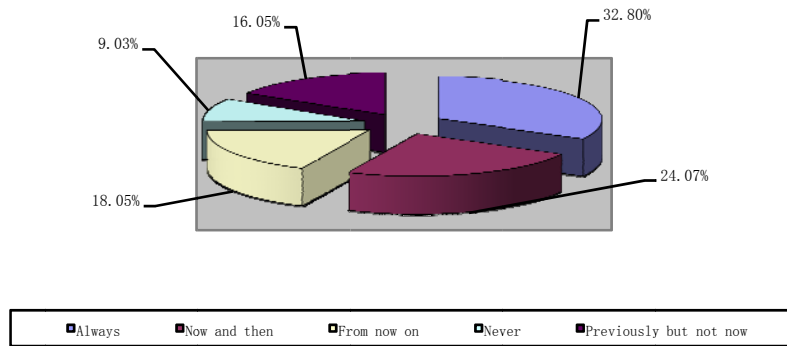


Chart 5 : Questionnaire survey of farmers’ physical training in Ningxia region N=379

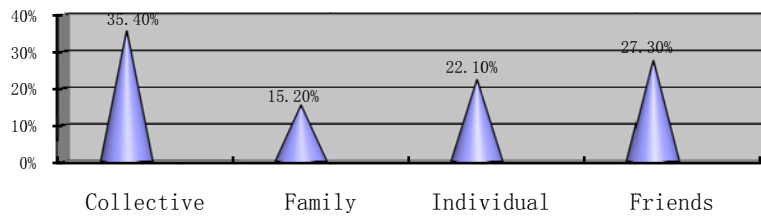


Chart 6 : Questionnaire survey of Ningxia farmers’ physical training forms N=379

Choice of Ningxia farmers’ physical training grounds

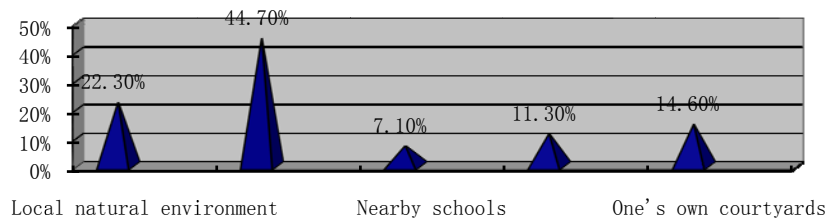


Chart 7 : Choice of Ningxia farmers’ physical training grounds N=379

The physical training grounds for farmers in this region mainly rely on the town or village stadiums and the local natural environment, followed by one’s own courtyards and around roads and streets. This is because of the popularity of basketball, which is a group activity. With the improvement of living standards, the local people pay more attention to physical training. The physical training groups initiated by the farmers have been more and more popular.

Choice of Ningxia farmers’ physical training projects

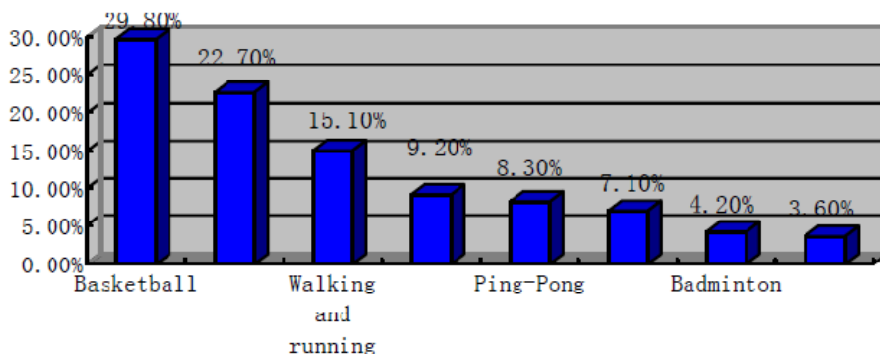


Chart 8 : Questionnaire survey of Ningxia farmers' physical training events N=379

Basketball has become the top choice of physical training event for the local farmers, followed by national events. The national sports activities all feature original ecology, solid foundation and a high participation rate of ethnic farmers.

Factors influencing Ningxia farmers' physical training

Objective factors

The research showed that there are three objective factors influencing local farmers' physical training, in which 40.7% think it is due to lack time and energy; 17.5% think it is lack of grounds and facilities; and 22.6% think low economic income.

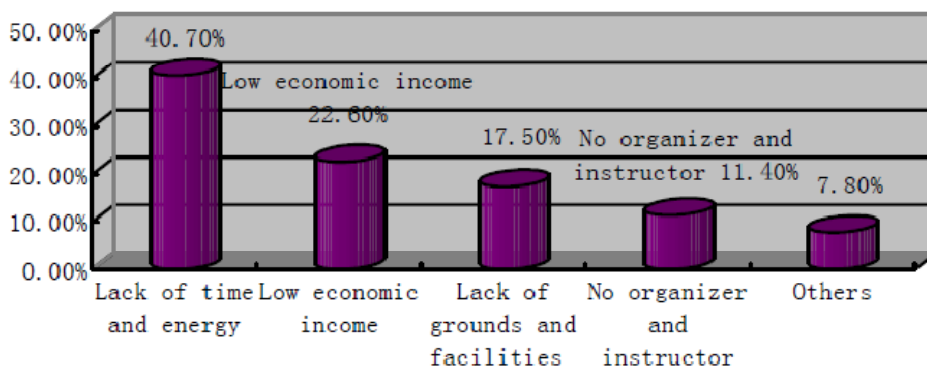


Chart 9 : Questionnaire survey of the objective factors influencing Ningxia farmers' physical training N=379

Subjective factors

TABLE 3 : Questionnaire survey of the subjective factors influencing Ningxia farmers' physical training N=379

Subjective factors	Frequency	Percentage (%)	Validity percentage (%)	Cumulative percentage (%)
Not interested	23	6.07	6.07	6.07
Fear of being laughed at	31	8.18	8.18	14.25
Good physical state and no need to have physical training	78	20.58	20.58	34.83
Not know how to take physical training	87	22.96	22.96	57.79
Inconvenient to get physical training due to the physical status	39	10.29	10.29	68.08
Replace physical training with labor	101	26.65	26.65	94.73
Others	20	5.27	5.27	100.0
Total	379	100.0	100.0	

Questionnaire shows that 26.65% think that labor can replace physical training; 20.58% think that they are in good health, so there is no need to take physical training; 22.96% think that they don't know how to get physical training. All these subjective factors are not contradictory to farmers' awareness of the importance of physical training. This suggests that the

farmers in the region are highly aware of the importance of physical training, but are influenced by concepts in the implementation process.

Organization status of physical training activities in Ningxia rural region

According to the field investigation, it can be learned that Ningxia rural regions conduct physical training activities on a regular basis, including those held by government organizations of various levels and initiated by the local farmers. By the end of 2011, Li Chenglin, a farmer of the Hui Nationality, had self-held ten rural sports meetings. Chenglin Academy is a name card of Ningxia rural construction, which is also a paragon of China's new rural construction. The style is worth recommending and publicizing. As an important base to publicize farmers' culture, it is a response to the appeal of the era and the public.

To sum up, the Chinese government has attached great emphasis to the health issue of farmers and has promoted the development of rural sports through policy support, facility improvement, organization and participation. The ground and facilities construction as well as the project setup should be in line with the practical needs and hobbies of the local farmers instead of adopting a unified and sweeping approach.

PHYSICAL TRAINING BEHAVIOR CHARACTERISTICS OF FARMERS IN THE NINGXIA REGION

Obvious seasonal characteristics

Farmers' physical training activities are mainly concentrated on the slack season, especially several months before and after the Spring Festival of the Han Nationality. The folk sports are quite rich.

Sharp awareness of the importance of physical training

Based on the comprehensive analysis of the construction of stadiums, the approaches for farmers to obtain sports information, the farmers' educational level and national and cultural characteristics, this paper shows that the farmers in the region are highly aware of the value of physical training. The influence of educational level is not absolute. The role of government and media is commendable.

High participating percentage and group participation characteristic of physical training activities

"Spending time in the ball games instead of playing cards" has been a new fashion for the younger generation of farmers. Ever since the ancient times, the Hui people have been prevailed with the fashion of martial arts. They are also known for their strong build, braveness, passion for physical training and unyielding spirit in front of dangers. There are many groups engaged in the physical training for a long time.

Diversified physical training forms

Collective and family activities are the major forms. Physical training has been an important activity for farmers during their spare time. This also symbolizes the mutual help and integration of the Hui and Han people.

Optional physical training grounds

Basketball is a popular sport in the region. A great number of people have participated in it. The utilization rate of town or village stadiums is high. Most sports are taken in the local natural environment or one's own courtyards.

Diversified physical training events

Basketball is a top choice, followed by national events, walking and running, and martial arts events. The spontaneity of farmers' participation in the physical training is high.

SUGGESTIONS FOR THE DEVELOPMENT OF FARMERS' PHYSICAL TRAINING IN NINGXIA

Properly use the current grounds and increase physical train events

Utilize the sports grounds in the villages and towns where the physical training is well conducted to set up badminton, Ping-Pong, and elders' fitness exercise so as to keep enriching farmers' physical training and enhancing farmers' participating in physical training.

Suggestions: Administrative village committees should provide a room to establish the elders' activity center, where the old can play Chinese chess and square chess, etc.

Further improve farmers' awareness of the importance of physical training

Actively cultivate the self-developing mechanism of rural culture, make farmers become the subject of rural cultural construction and activate the self-hematopoiesis of the rural cultural; vigorously support and develop rural amateur cultural and art groups, create a rural cultural team of "never leaving the rural region" and make it become the vital force of rural cultural construction.

Suggestion: Administrative village committees should establish a reading room proving sports newspapers and magazines. If conditions permit, some reading rooms in some administrative villages can be equipped with a set of image documentation equipment and irregularly hold sports knowledge lectures and broadcast sports events and performance;

expand the activity of university students introducing sports to the rural region and enrich farmers' amateur cultural life; organize one batch of advanced sports individuals to visit and inspect the eastern provinces where sports has been a developed undertaking at least once annually in every county and region; organize teachers from the institutions of higher learning to give lessons about physical training, and send to the base level to instruct about the functions and value of physical training.

Enhance the management and capital investment of sports grounds

Various administrative villages should establish a management institute of sports grounds to enhance the management of sports grounds. The Ningxia Hui Autonomous Regional Government should allocate a part of expenses annually to establish farmers' sports grounds construction foundation so as to encourage and support the village committees to maintain the sports grounds and organize sports events.

Suggestions: The farmers in the region should make good use of their own courtyards and initiate sports activities; governments of all levels should give them material and spiritual rewards, invest more and show more support. Chenglin Academy in Cangwan Village, Shidian Township, Haiyuan County, is a paragon of farmers' initialization of sports activities.

All in all, the physical training of farmers in Ningxia region calls for the vigorous support of all social circles. More attention should be paid to the spare-time cultural life and spiritual life of farmers by increasing the investment and support for farmers' physical training and fitness projects, finding more examples and giving full play to the role of examples.

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