A Study on the Function of Community Sports in Building a Harmonious Society

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Abstract

Starting from the analysis of the concept of community sports and the connotation of harmonious society, this paper demonstrates the role of community sports in building a harmonious society, and holds that the development of community sports is one of the important entry points for building a socialist harmonious society, and vigorously developing community sports is conducive to the construction of China's harmonious society.

Keywords

Community sports, harmonious society, construction.

1. Introduction

Harmonious society is a society in which one can achieve complete liberation and all-round development, while sports is an important means to realize the complete liberation and all-round development of one. Therefore, the development of community sports is one of the important entry points for building a harmonious socialist society. Although China’s community sports started late, with the continuous development of China’s society and the deepening of reform and opening up, it has become the basic organizational form for Chinese cities and towns to carry out mass sports activities and national fitness programs. It has created a new model of mass sports development and community development with the characteristics of suitable region, connecting social feelings and enhancing regional activity. Therefore, the study of the relationship between community sports and the construction of a harmonious society will be more conducive to the construction of a harmonious society in China.

2. Concept and Constituent Elements of Community Sports

According to traditional community classification, Chinese community sports can be divided into rural community sports, urban community sports and urban community sports in between. As far as China’s current situation and the development of community sports, urban community sports is the main part of community sports. We talk about community sports mainly in terms of urban community sports.

Rise in the last century the nineties the development of city community sports, as a special community culture activities, and a new pattern of social sports, for China’s urban community services and community construction has injected new vitality, make up and perfect the system of social sports organization and management structure in our country, promoted the process of the socialization of sports, promote the city community construction, social sports and city management in China has played a unique role. About the definition of city community sports, the sports of our country managers and scholars, with the deepening of the understanding of
the community sports practice, summarizes, the characteristics of community sports foundation is the present stage our country city community sports mainly refers to the people living together in a certain area, street, neighborhood committee jurisdiction scope), the jurisdiction of the natural environment and sports facilities as the material basis, to all the members of the community as the main body, in order to satisfy the demands of members of the community sports, improve the physical and mental health of community members, to consolidate and develop community emotion as the main goal, to develop regional sports on the spot or in the vicinity.

Community sports has six constituent elements, that is, community sports organization, community members, venue facilities and funds, management and guidance, community sports activities. Community sports organization is the leading factor of community sports, community members are the main body of community sports activities, venue facilities and funds are the material guarantee of community sports activities, managers and instructors are the link between the various elements of community sports, community sports activities are the specific form and direct target of community sports.

3. The Connotation of Harmonious Society

The harmonious society is a people-oriented society, whose fundamental purpose of all activities is for the survival, happiness and development of human beings. Building a socialist harmonious society is an important strategic task put forward by our party from the overall situation of building a well-off society in an all-round way. As a "community" and an important activity place for people's production and life, community's social function and social characteristics are fully reflected in the various social needs of social people can be met and realized through the community. In this sense, community is the cornerstone of a harmonious society. Only when the harmony of community is realized, and then the harmony of city can the harmony of society be achieved. Harmonious community plays a unique role in promoting the construction of harmonious society.

The connotation of "harmonious society" is the harmony among its internal subsystems as a system. Only on the premise of the coordinated operation of its internal basic social relations, social structure and social elements, the society as a system will not be disordered. Second, the relationship between people, that is, between individuals and individuals, between individuals and groups and between groups and groups. Whether individuals or groups are members of the society, handling their mutual relations is the foundation of social harmony. Third, the harmonious between human and the development of society. Human resources are the dominant force in today's society. Human development will greatly promote social development, while social development will also provide a good foundation and environment for human development. Fourth, harmony between human and nature. Nature is the basic environment for human survival, and only reasonable use of natural resources can guarantee the sustainable development of society. By grasping the scientific connotation of a harmonious society from the perspective of marxist philosophy, we can conclude that a harmonious society is a stable, orderly and benign social state under the condition that people have the same fundamental interests and the social contradictions lose their antagonism[1].

4. The Role of Community Sports in Building A Harmonious Society

Deeply study the relationship between community sports and the construction of a harmonious society, we can find that community sports play a positive role in promoting the four major aspects -- the harmony between people, the harmony between people and society, the harmony between people and nature, and the harmony between communities[2,3].
4.1. Community Sports Can Promote the Harmony Between People

Harmonious interpersonal relationship refers to the harmonious or harmonious relationship that is required and demonstrated when we deal with interpersonal relationship. This kind of relation is an important content that we construct socialist harmonious society, also is an important sign of harmonious society. Community sports can improve interpersonal relationship, which is an important way for community residents to participate in social activities, as well as an important content of community residents' spiritual life. Sports, with its emphasis on fair competition and division of labor and cooperation, can effectively enhance the sense of identity and belonging among people and serve as an effective medium for eliminating confrontation, bridging differences and alleviating contradictions. And community sports from the perspective of the health of the residents, in a just, fair environment, people in physical fitness, edify sentiment, a way of self care movement, because the fitness activities of the organization form is different from the formal organization structure form, community sports organization atmosphere is relaxed, interpersonal relationship is equal, emotion is harmonious, there are no conflicts of interest between people. At the same time, the group activities can better conduct emotional communication and improve interpersonal relations, while good interpersonal relations greatly enhance group cohesion, make group sports activities more coordinated and effective, and affect the persistence of participants. Therefore, when participating in community sports and fitness, residents tend to have a sense of trust, facilitate communication, communication and cooperation, and play an important role in improving parent-child relationship, neighborhood relationship, peer relationship, and kinship and estrangement, so as to make people more harmonious.

4.2. Community Sports Can Promote the Harmony Between People and Communities

Community sports play a very positive role in promoting stability, optimizing the environment, enhancing cohesion, and forming a harmonious and healthy community living atmosphere. As an important means of spiritual civilization construction, community sports plays an important role of lubricant in communication between government and citizens, promotion of good interpersonal communication and neighborhood relations, and alleviation of social conflicts.

4.2.1. Community Sports Can Help Residents Release Pressure

The competition in modern society is fierce and the pace of life is very tense, which causes people's mental and psychological pressure to be too large. If the pressure is not released in time, a lot of psychological problems will be generated, and even social contradictions will be caused. Residents' participation in the community fitness activities, the body's organs due to get sufficient blood supply and adequate stimulus, prone to comfort, combined with physical exercise of the relaxed and pleasant atmosphere, people's mental stress and psychological pressure will get a larger degree of release, which can reduce the production of social contradictions, to achieve the effect of promoting social harmony. In addition, the aging trend of China's urban population is becoming more and more obvious, and participating in community sports activities has become the most effective, economical and convenient way for the elderly in most cities to enjoy themselves and get rid of loneliness, which has become their spiritual support.

4.2.2. Community Sports Is Conducive to the Formation of A Healthy Lifestyle

Whether the community life style is civilized, healthy and scientific is an important symbol of social modernization and human modernization, and is an important issue related to the improvement of people's spiritual life quality and the maintenance of mental health. In recent years, the party and state have made it clear that the formation and establishment of a civilized, healthy and scientific way of life as the goal of the whole society. As a kind of mass culture, physical exercise integrates the functions of entertainment, fitness, competition, recreation,
aesthetics and stimulation, and should become an important part of people's amateur cultural life. At present, China is in the period of social transformation, the arrival of knowledge economy will inevitably lead to great changes in the way of life of modern people. Modern life has created a grey health group, also known as the third health, sub-health groups, and fitness recreation entertainment is one of the most active and effective means to treat sub-health status, and is the most convenient and affordable means. Therefore, it is of great theoretical and practical significance to further enrich people's leisure cultural life, improve their quality of life, enhance national sports and maintain social stability, and form a civilized, healthy and scientific lifestyle in the whole society.

4.3. Community Sports Can Promote the Harmony Between Human and Nature
The physical foundation of community sports is mainly "the natural environment and sports facilities in the jurisdiction". While engaging in sports, the community residents are also experiencing the physical and mental experience brought by the natural environment in the community. Therefore, in the process of residents engaging in community sports, the natural environment in the community is more closely related to the residents, and the advantages and disadvantages of the natural environment in the community are closely related to the residents' vital interests. Good natural environment will give residents a sense of physical and mental pleasure of living in harmony with nature. At this level, residents will have the demand and desire to actively improve the community's natural environment, so that the community's natural environment can be constantly improved, thus promoting the natural environment of the whole society to be increasingly beautified, and community sports thereby promoting the further harmony between human and nature.

4.4. Community Sports Can Promote the Harmony Among Communities
Community is the window of social civilization. With the rapid development of urban construction and the continuous improvement of modern community services, the country has listed community sports as an important part of community services. Community widely promotes mass sports activities, advocate the ideology of modern sports, build a fair, harmonious, positive community culture atmosphere, is not only beneficial to promote the benign interaction between the human and extensive exchanges, is beneficial to the people civilized and healthy life habit and cultivate noble moral standards. It also can promote the development of competition and coordination between communities, and further promote the communities’ function and level, thus promoting the harmonious development of the whole society.

On the other hand, in the current social situation in China, people living in the community are transiting from subsistence to comfort, residents' lifestyle and values are changing, the national fitness awareness is constantly increasing, and the fitness activities begin to enter the family. The development of community sports has laid a good foundation for the development of community cause. The booming fitness activities will promote family harmony and regional stability, as well as constantly deepen the construction of social spiritual civilization. Therefore, strengthening the construction of community culture with modern sports thought has positive significance for promoting the harmonious development between communities, building up city image and marking social civilization.

5. Conclusion
Building a socialist harmonious society is a major task put forward by our party from the overall situation of building a well-off society in an all-round way and creating a new situation in the cause of socialism with Chinese characteristics. Building a harmonious community and developing community sports is an important breakthrough point for building a harmonious socialist society. The construction of harmonious society needs us to promote the harmony
between people, the harmony between people and society, the harmony between man and nature and the harmony between communities, and community sports can play a decisive role in these aspects. This requires us to recognize the important practical significance of community sports in building a harmonious society, developing community sports vigorously, and then make it play a more effective role in promoting the construction of a harmonious socialist society in our country.

References

