

An Investigation and Analysis of the Status Quo of Tibetan College Students' Sports Lifestyle

-- Take Gansu Normal University for Nationalities as an Example

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Abstract

According to the constituent elements of sports lifestyle, this paper conducts a questionnaire survey of 290 (150 males and 140 females) Tibetan college students from the aspects of the subject of sports activities, conditions of sports activities, and forms of sports activities, interviews, and documents. It can be concluded that the Tibetan college students of Gansu Normal University for Nationalities differ in their physical knowledge, physical exercise habits, and choice of sports items from universities of other nationalities. The attitude towards sports is positive. Most Tibetan college students choose to participate in sports activities with their classmates, and sports consumption is monotonous. The special geographical environment and weather conditions of Gansu Normal University for Nationalities are the main factors affecting the time and intensity of Tibetan college students' participation in sports activities.

Keywords

Tibetan college students; Physical education; Life style.

1. Preface

The sports lifestyle is a healthy, civilized, and scientific lifestyle, a form of physical activity and behavioral characteristics that meet people's sports needs, and a branch of the lifestyle. Sports lifestyle includes the main body of sports activities, the conditions of sports activities and the forms of sports activities.

Tibetan college students are an important part of the college students of Gansu Normal University for Nationalities, and they are also the future educators in the Tibetan areas of our country. A scientific, healthy, and civilized sports lifestyle will improve their physical and mental health and quality of life. Therefore, analyzing the sports lifestyle of Tibetan college students is of great significance for improving the physical and mental health, quality of life, and adapting to the development of the times.

2. Research Objects and Research Methods

2.1. Research Object

The research object of this article is the sports lifestyle of Tibetan college students, and the survey object is the Tibetan college students of Gansu Normal University for Nationalities.

2.2. Research Methods

2.2.1. Literature Data Method

Retrieving papers from 1994 to 2013 on the Chinese National Knowledge Network through the Internet that affected college students' sports life and behaviors and the status quo of Tibetan college students' sports to understand the current overall situation.

2.2.2. Questionnaire Survey Method

A questionnaire was made on the sports lifestyle of Tibetan college students. The questionnaire was mainly to investigate factors such as the purpose of Tibetan students' participation in sports, their favorite sports, and the number of times they participated in sports activities in a week. 300 questionnaires were issued and 290 were recovered, with a recovery rate of 97%, and 290 questionnaires were valid, with an effective recovery rate of 97%.

2.2.3. Data Statistics Method

Use EXCEL2010 to collect statistics, analyze and process all the questionnaires to get the final result.

3. The Status Quo of the Sports Lifestyle of Tibetan College Students

From the 2011-2014 enrollment situation of Gansu Normal University for Nationalities, 34% of the students in Gansu Normal University for Nationalities are Tibetans, which is an important part of the students of Gansu Normal University for Nationalities. In harsh areas, affected by the geographical environment, culture, and economic conditions of Tibetan areas, they are different from universities of other ethnic groups in terms of sports health knowledge and physical exercise habits. According to the constituent elements of sports lifestyle, the current situation of sports lifestyle of 290 Tibetan college students (150 males and 140 females) was mainly investigated from the following aspects.

3.1. How Much Tibetan College Students Like Sports

Interest is the best teacher, and interest is also the internal motivation for Tibetan college students to participate in sports activities. Cultivating a good interest in sports is the basis for Tibetan college students to establish the concept of lifelong sports.

According to survey data, 74 people like sports very much, 172 people like sports, accounting for 59% of the total number of people, more than half of the total number of people, of which only 44 people do not like it. Only accounted for 15% of the total number of people. According to the overall survey, they prefer sports activities.

3.2. Tibetan College Students' Control of Free Time

The time spent by college students in a day can be divided into study time and spare time. Time that has nothing to do with learning is leisure time, and leisure time is also free time.

According to the questionnaire survey, the top two male Tibetan college students' control of free time are sports activities and surfing the Internet. 41% use free time for sports activities and 27% surf the Internet. Female Tibetan college students' control of free time ranked the top two in surfing the Internet and shopping. 30% chose to surf the Internet and 29% chose to go shopping. From the survey results, it can be seen that the control of free time by male Tibetan college students is mainly used for sports activities and surfing the Internet, while the use of free time by female students is mainly used for surfing the Internet and shopping.

3.3. The Weekly Time and Frequency of Tibetan College Students Participating in Sports Activities

Our country's standard for determining the sports population is: "People who participate in physical exercise exercise at least three times a week, each time for more than half an hour, and the intensity is above the medium level." Only when the above three requirements are met, the sports population can achieve the purpose of fitness.

It can be seen that 90 of the Tibetan male college students participate in sports activities more than three times a week, and 40% of them reach a moderate intensity each time, which is higher than the current average level of the sports population in my country. Only 22% of Tibetan

female college students have more than three activities per week, which is lower than the current average level of my country's sports population. Boys do less frequently, and the activity intensity is not above the medium level, which is mainly due to weather conditions, while girls are relatively quiet and do not like to move, and have lower fitness awareness.

3.4. The Forms of Tibetan College Students Participating in Sports Activities

The investigation on the forms of Tibetan college students participating in sports activities is mainly conducted from four aspects: personal activities, exercise with classmates and roommates, school-organized sports activities, and sports club activities.

According to the survey, Tibetan male college students mostly choose personal activities and classmate activities. 27% choose personal activities, and 41% choose activities with classmates. The majority of female Tibetan college students choose school organizations to organize activities with classmates and sports clubs. 40% choose school organizations, 18% with classmates, and 17% participate in sports clubs. From an overall point of view, most Tibetan college students choose to participate in activities with their classmates, while girls are more passive and choose school organizations and sports clubs for sports activities.

4. Analysis of Factors Affecting the Sports Lifestyle of Tibetan College Students

The factors affecting Tibetan college students of Gansu Normal University for Nationalities are divided into subjective factors and objective factors. Subjective factors include the attitude of Tibetan college students to sports, the purpose of participating in sports activities, and the choice of sports events. The objective factors include: the influence of sports venues, the influence of weather, the influence of physical education teachers, college students and families.

4.1. The Influence of Subjective Factors

The main body of sports activities in the sports life style is the main factor that affects the sports life style. Most Tibetan college students come from economically backward ethnic areas, so it is necessary to analyze their subjective understanding of sports activities.

4.1.1. Attitudes of Tibetan College Students to Sports

Attitude is the mental state that learners tend to choose a certain way of behavior, and sports attitude is the evaluation and behavioral tendencies that learners hold on physical activities.

According to the survey, 17% of people think that sports are not important at all, and it is okay not to participate, 50% think that sports are very important and must participate, and 33% think that it is generally important and they can participate or not. Therefore, most Tibetan college students have a positive attitude towards sports.

4.1.2. The Purpose of Tibetan College Students Participating in Sports Activities

According to the different goals that they hope to achieve by engaging in sports activities, they can be divided into: for fitness, improvement of athletic ability, leisure and entertainment, disease prevention, interpersonal communication, tempering of will, and others. The purpose of Tibetan college students' participation in sports activities is to follow the Tibetan college students' sports Need to change constantly.

Tibetan college students of different genders have different purposes for participating in sports activities. The top three choices chosen by boys are: improving athletic ability, leisure and entertainment, and training will; while the top three choices chosen by girls are: leisure and entertainment, fitness, and training will.

4.1.3. Tibetan College Students' Choice of Sports

At present, the public sports courses offered by Gansu Normal University for Nationalities include ball events: basketball, volleyball, and football for big balls, badminton and table tennis for small balls, and martial arts: martial arts, Sanda, Taekwondo, leisure and bodybuilding. The items include: aerobics, yoga, Guozhuang dance, sports dance. It can be seen that there are many kinds of sports.

The survey results now show that the most popular sport for boys is ball, with 35% of those who like football and 23% of those who like basketball. Followed by leisure projects. Girls' favorite sports events are leisure and fitness events, with 21% of those who like Guozhuang Dance, 14% of those who like yoga, and ball events. It can be seen that ball games are popular sports for both boys and girls of Tibetan nationality. It is because ball games are widely popular in our country and the ball venues are relatively complete, which is also conducive to the development of ball games.

4.2. The Influence of Objective Factors

Objective factors are the external factors that affect the sports lifestyle of Tibetan college students, and the external factors are the external conditions that affect the sports lifestyle of Tibetan college students. The analysis is mainly conducted from the aspects of stadiums, weather conditions, teachers, classmates and families.

According to the survey data, weather conditions accounted for 45%, ranking first, which is a more important influencing factor. Sports venues accounted for 35%, ranking second, teachers and classmates accounted for 13%, and family and other factors were different. Accounted for 5% and 9%. Therefore, families have almost no obstacles, and most families support them in sports.

5. Conclusion

Most Tibetan college students at Gansu Normal University for Nationalities prefer sports activities and their attitudes towards sports are also positive. Their families also support them in sports activities. Male Tibetan college students mainly choose to participate in sports activities with their classmates, while most female Tibetan college students choose school organizations and sports clubs for activities. The sports population of Tibetan female college students is lower than the average level of my country's sports population.

The sports consumption of Tibetan college students is relatively simple, and most of them choose to buy sports goods and sports clothing. Regarding the domination of free time, most male Tibetan college students choose to do sports and watch movies, while women choose to go online and go shopping. The singleness of the gymnasium and the obsolescence of the venue are important factors that affect the diversification of Tibetan college students' sports. The climatic conditions and weather conditions in Gannan Tibetan area are the main factors that affect the number, intensity, and duration of sports of Tibetan college students.

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