

An Empirical Study on Line Dancing to Promote the Construction of Community Sports Culture

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Abstract: In recent years, with the rapid development of science and technology and the continuous progress of social economy in our country, the people's material living standard has been improved significantly. As a fashionable fitness art, line dancing has been favored by the community residents for its special entertainment value and educational value in the construction of community sports culture, which can be said to have become a fashion in community sports culture. It is not limited by many conditions. Participants can improvise at home to the beat, or they can meet with friends to dance in rows in a wide area. It plays a positive role in cultivating community residents' team consciousness, strengthening organizational discipline and coordinating interpersonal relationships. This paper takes the community sports of a city as the research object and the characteristics of line dance as the axis to discuss the reasons why line dance enters the community and the development countermeasures, so as to provide theoretical basis and practical reference for the sustainable and healthy development of line dance in community sports.

1. Introduction

National health is an important manifestation of the country's comprehensive strength and an important symbol of economic and social development. The health of the whole people means that all the people have a healthy body and mind, which is to realize the health of the people of all ethnic groups, men, women, children and all kinds of people. Line dancing refers to dancing activities that are arranged in rows and dance according to the free unified dance music [1]. Since it was introduced into our country in 2004, the line dance movement has been welcomed by all because it is not restricted by age and sex and does not require a large space, especially its beautiful music, variety of dance types and distinct rhythm. While we actively carry out community sports and cultural construction activities, line dancing has effectively helped improve the intellectual structure of community residents and enhanced their sports ability [2]. Line dancing is a combination of unique fashion, appreciation, interest, sports and internationality. It is full of fashion, health and youth characteristics. It caters to the needs of community residents in pursuing fashion and sense of achievement, and meets the needs of community residents in continuously improving their artistic accomplishment and aesthetic taste. Therefore, it is necessary to organically combine line dancing with the construction of community sports culture, which is also a problem to be deeply discussed in the development and construction of community sports culture in the new era.

2. Research Objects and Methods

2.1. Research Object

This paper takes the popularization and promotion of line dancing in community sports and cultural activities as the research object, and randomly selects the people who take part in sports activities in some squares of a city, as well as the people who take part in line dancing exercises and the instructors as the investigation objects.

2.2. Research Method

Looking up the domestic sports periodicals and magazines related to line dancing in recent years, and obtaining first-hand information through online inquiry, this paper analyzes the relevant issues and provides theoretical and methodological basis for the research of this paper.

In order to make the content of the paper more effective, I interviewed 15 choreographers according to the purpose and task of the research. This paper discusses the development status, restrictive factors and countermeasures of line dancing in square activities in a city, listens to suggestions and opinions of others, and summarizes authoritative theoretical knowledge and practical guidance related to line dancing.

120 exercisers were randomly selected from a city for a questionnaire survey. In addition, 25 choreographers were investigated. Withdraw the questionnaire, sort out and analyze the data. In the process of questionnaire design, we selected ten relevant sports experts, and collected their opinions and suggestions in writing, combined with their suggestions, and revised them several times to ensure that the questionnaire is scientific and reliable in reliability and validity. According to the survey, the majority of people taking part in line dancing exercise are middle-aged and elderly people, mainly taking part in group activities, with more women than men.

All the information is analyzed and compared by logical analysis method, and then summarized and summarized, and professional knowledge is contacted for research, so as to ensure the meticulous thinking of the paper.

3. Result Analysis

3.1. The Age and Gender Characteristics of the Participants in Line Dancing

Community sports culture is an important platform for the implementation of sports culture construction. People-oriented, health first is the cultural concept of human social progress [3]. At the same time, regular participation in line dancing can also accelerate the metabolism of participants and help promote digestion. Can effectively enhance the physique of participants and make them shape good posture. The results of the survey show that the age span of the participants in the line dance is very large, ranging from 65 to 11 years old. This shows that line dancing is a sport suitable for all ages and suitable for all people. 25.36% of the exercisers are to adjust their psychology and relax their mood, which is the heart-building value of line dancing. Therefore, the extensive promotion of line dancing can attract many people of different ages, genders and occupations to participate in physical exercises, expand the sports population, strengthen the physique of the whole people, enhance friendship, and is conducive to the construction of a socialist harmonious society. Table 1 shows the statistics of age and sex structure proportion of line dance participants.

Table 1 Statistics of age and sex structure proportion of line dance participants

	Proportion of community residents (< 16 years old)		Proportion of youth (16 ~ 35 years old)		Proportion of middle age (36 ~ 55 years old)		Proportion of elderly (>55 years old)	
	n	%	n	%	n	%	n	%
Male	1	0	8	4.6	14	6.7	27	15.4
Female	3	2.3	33	18.6	68	38.7	35	16.9

3.2. Motivation of Community Residents to Participate in Line Dancing

From its introduction, promotion and development, an emerging sports item cannot be separated from the promotion plans, plans, laws and regulations of relevant promotion departments. Therefore, the promotion organization of line dance plays a vital role in the promotion of line dance [4]. The line dance movement can make people fully express the inner feelings of dancers in dancing and the rhythm of dance music, so that dancers can relax physically and mentally and relieve pressure. Practitioners in beautiful music, beautiful dance, eliminate fatigue, cultivate the mind, feel happy

mood, so as to achieve the best psychological state. With the different abilities and personalities of choreographers, line dancing can fully show the dancers' personal style and personality. Table 2 is a questionnaire on the motivation of community residents to participate in line dancing. The main motivation of community residents to participate in line dancing is to exercise their body and mind. This part of line dancing practitioners account for 45% of the total. These people can improve their physique, slow down aging, improve their physical health and memory, and also bring them physical and mental enjoyment.

Table 2 A questionnaire on the motivation of community residents to participate in line dancing

Motivation	Exercise one's body and mind	Adjust one's mind and relax one's mood	Leisure entertainment	Interpersonal communication	Self presentation
The number of	118	84	55	34	24
Proportion (%)	45	42.97	26.37	19.86	13.62

3.3. Attitudes of Community Residents Towards Line Dancing

The dance styles of line dancing mainly include Latin style, tap style, oriental dance style, polka style, waltz style, street dance style, jazz style and tango style [6]. Human behavior is generally dominated by not only one motive, but also multiple motives, one of which is dominant [7]. With the different abilities and personalities of choreographers, line dancing can fully show the dancers' personal style and personality. Community residents can freely combine dance steps, body movements and arm movements according to their own conditions, which can easily achieve the effect of fitness and weight loss, and is conducive to shaping a beautiful body. As long as there is an open space and a tape recorder in the community, residents can dance there. What they are seeking is the physical and mental enjoyment brought to them by line dancing. As can be seen from Table 3, among the 120 line dancers surveyed, the survey found that 91 people, accounting for 75.83% of the total, chose to be very satisfied. Secondly, 74 people chose to be satisfied, accounting for 61.67% of the total. Only 6 people, accounting for 5% of the total, chose the general and less satisfied ones. No one chooses not to be satisfied.

Table 3 Questionnaire on satisfaction after participating in line dancing

Satisfaction	Very satisfied	More satisfied	General	Not very satisfied	Dissatisfied
The number of	91	74	4	2	0
Percentage (%)	75.83	61.67	3.33	1.67	0

4. Conclusions and Suggestions

4.1. Conclusions

Line dance integrates dance, sports and art. It is a new type of dance with diversified dance steps, innovative styles, simple and easy to learn. It can perform both solo and group dances. With its unique charm, line dancing has swept through various communities and become an important part of community sports. Every year, every district has a row dance competition of different sizes. The functions of line dance, such as fitness, heart-building and body-building, meet people's various needs to participate in community sports and cultural activities. It is necessary to popularize and popularize line dance in community sports and cultural activities.

Line dancing is not only a dance art, it is also a medium-intensity aerobic exercise. Through long-term adherence to line dancing exercise, community residents can be helped to improve their health. It has broad development space and potential in the construction of community sports culture, thus becoming an important content in the construction of community sports culture. Line dancing helps to maintain social stability, promote social progress and development, and meets the needs of the state to promote the "national fitness" policy. Therefore, it is very necessary to popularize and promote line dancing in community sports and cultural activities.

At present, there is a serious shortage of professional choreographers, with a serious aging age structure, low cultural quality and a serious shortage of highly educated and professional choreographers. Line dancing can help people relieve the pressure and fatigue in life and study, relax tight nerves and improve the coordination and flexibility of the body. In the process of choreography practice, follow the rhythm of dance music to make the body produce rhythm. It meets the needs of community residents to continuously improve their artistic accomplishment and aesthetic taste, and can effectively promote the physical and mental health development of community residents. It plays a positive role in cultivating community residents' team consciousness, strengthening organizational discipline and coordinating interpersonal relationships.

4.2. Suggestions

The line dance is suitable for people of all ages to learn, and the sentence "if you can walk, you can dance line dance" shows that you can practice line dance even if you don't have a dance foundation. We can make full use of all kinds of publicity media to carry out line dance publicity activities, so that more community residents can also participate in line dance activities in their leisure time, so that line dance activities can become the main way of leisure communication among colleagues, neighbors or family members in the community. Let line dancing become the main means of leisure communication among colleagues, neighbors or family members in urban communities. Using advanced internet or traditional media to publicize; In order to promote the popularization and promotion of line dance, lectures on line dance should be held, and various ways such as performances and competitions and cooperation with businesses should be adopted to actively and effectively publicize line dance.

Strengthen the exchange activities of line dancing, set up line dancing associations and other organizations, teach professional line dancing theoretical knowledge, and train professional line dancing instructors. Line dancing is an open-ended collective project, which determines that dancers must form a stable group for a short or long time and embody the charm of dancing through mutual understanding, communication and exchange. Line dancing conveys a positive concept of life and advocates a healthy and upward lifestyle, which can make the life of community residents healthier and fuller. In view of the rapid updating of the practice content, the variety of practice dances and the different styles of the repertoire, community sports managers and choreographers can take advantage of a certain advantage to carry out choreography activities. Expand the team of professional coaches. Give full play to the role of line dancing instructors in the development of line dancing and accelerate the popularization and promotion of line dancing in community sports and cultural activities.

Community sports managers should perfect the development and popularization of each dance type to meet the needs of different groups. More fitness line dancing competitions should be held to promote better communication and communication among community residents, thus promoting the full development and popularization of line dancing in the community. According to different ages, different genders and different hobbies, one can definitely find one's favorite line dance. According to different physical qualities and sports conditions, the specific movements and music of line dancing can be adjusted and changed so that it will not affect the work of community residents while urging them to exercise. It plays a very positive role in enriching the content of community sports culture, enlivening the atmosphere of community sports culture, improving the comprehensive quality of community residents, and meeting the multi-level and diversified needs of community residents. The development of community line dance should make full use of the

leverage of line dance competition and hold more fitness line dance competitions in the community, which is also one of the effective ways to develop community sports culture construction.

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